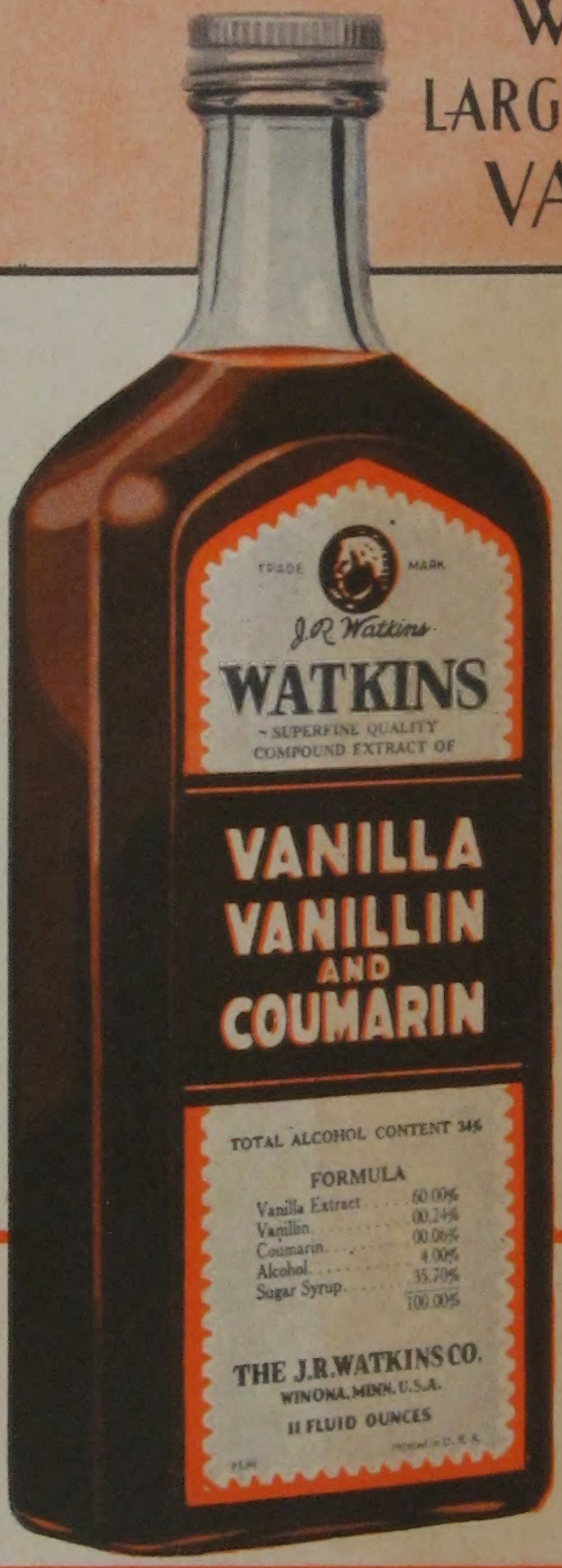
WATKINS COOK BOOK

The J. R. WATKINS CO.

WINONA MINN. U. S. A.

WORLD'S LARGEST SELLING VANILLA



Made from Prime, Plump, Flavor-full Vanilla Beans

Bake-proofed The flavor stays!

Housewives buy more Watkins Vanilla than any other Vanilla manufactured anywhere in the world. It just goes to show that Watkins Vanilla has qualities which the discriminating housewife is unable to find in other kinds of Vanilla.

WATKINS COOK BOOK

Copyright, 1930
The J. R. Watkins Company

HUNDREDS of our customers when they learned we were getting ready to issue this Cook Book, wrote, "When you get out your new Cook Book be sure to include my favorite recipe from your old one." And so it contains good, old standard recipes that have been favorites for years. Many of these recipes have been sent to us by our friends; some of them were originated in our own Home Economics Department. All of them have been very carefully checked and tested and to make doubly sure, most of them have been submitted for final approval to Dr. Minna C. Denton, M. A., University of Michigan, Ph. D., University of Chicago, who is extensively known for her published articles and government bulletins on food preparations and values.

Dr. Denton's knowledge of the needs of the various sections of the United States has been attained through her seven years of resident and traveling service in the U. S. Department of Agriculture, where she was for five years Assistant Chief of the Office of Home Economics, U. S. Department of Agriculture, Washington, D. C., and in charge of Experimental Kitchen Laboratory of that Department.

Dr. Denton was Chairman of Research Committee, American Home Economics Association for five years and has had the following connections with colleges and universities all over the country:

University of Michigan, Assistant Botanical Laboratory.

Milwaukee Downer College, Instructor in Biology, Dietetics, Sanitation.

Lewis Institute, Chicago, Head of Home Economics Department.

Ohio State University, Columbus, Professor of Home Economics.

George Washington University, Washington, D. C., Head of Home Economics Department.

University of Chicago, Fellow in Physiology, Fellow in Household Administration, and Visiting Instructor in Home Economics.

Special Lecturer, Columbia University, Experimental Cookery Classes.

Visiting Professor, Summer Sessions, at University of California, Berkeley, California, and University of Washington, Seattle, Washington.

Kitchen Weights, Measures and Temperatures

In all recipes in the Watkins Cook Book measurements are level, not heaping. Flour is to be measured after sifting.

3 teaspoons	1 tablespoon
16 tablespoons wet	1 cup
16 tablespoons dry	1 cup
1 cup	½ pint or 2 gills
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck dry
2 tablespoons sugar	1 ounce
2 tablespoons butter or butter size of an egg	2 ounces or ¼ cup
4 tablespoons cocoa	1 square chocolate
1 square of chocolate grated	6 tablespoons
1 medium-sized egg	2 ounces
8 to 10 medium-sized eggs (with shells)	1 pound
8 to 10 egg whites	1 cup
14 egg yolks	1 cup
Juice of one lemon	3 tablespoons
1 cup butter	½ pound
2 cups granulated sugar	1 pound
2½ cups brown sugar	1 pound
4 cups flour	1 pound
2 cups rice	1 pound
2 cups chopped meat tightly packed	1 pound
2 cups chopped suet tightly packed	1 pound
3 cups raisins	1 pound
4⅓ cups coffee	1 pound
1 cup chopped nut meats	¼ pound

When sour milk is used take 1 even teaspoon soda to a pint of milk. 1 teaspoon of baking powder is the equivalent of ½ teaspoon of soda and 1 teaspoon of cream of tartar.

TEMPERATURES FOR BAKING

Slow Oven	Moderate Oven	Hot
250° F. to 350° F.	350° F. to 400° F.	400° F. to 450° F.

For the use of those who have no oven thermometer there are several practical tests. Set a pan sprinkled with flour in the oven and if it becomes a delicate brown in five minutes the oven is slow (250° F. to 350° F.) If the flour turns a medium golden brown in five minutes, the oven is moderate (350° F. to 400° F.) If the flour turns a deep, dark brown in five minutes, the oven is hot (400° F. to 450° F.)

WHAT SHALL WE HAVE FOR DINNER?

This is an important question, because the health of the family depends to a very large extent upon their being properly fed. Remember that the housekeeper is the family dietitian.

In a few words, the important points boil down to this: Use plenty of milk, from one pint to one quart a day for each person in the family; and plenty of fruit and non-starchy vegetables, some of each at least once a day. For the rest, eat a good variety of almost any preferred foods. Eggs, meat, potatoes, bread, butter, cereals, nuts, beans, etc., are all good for the family, but they need to be supplemented by plenty of milk and fresh vegetables and fruits.

The above is an illustration of a table properly set for formal dinner

GOOD COMBINATIONS

Creamed sweetbreads, mashed potatoes, buttered lima beans or sweet corn or macaroni, and vanilla cornstarch pudding will not make an attractive meal, even though beautifully cooked and served; too bland in flavor and too starchy. Chili con carne, scalloped tomatoes, grapefruit salad and lemon pie would furnish too much acid even for the most ardent fruit lover. Croquettes, potato chips and toast is not an ideal combination; it looks and tastes too much of brown, even though a savory brown crust does have an irresistible appeal.

Something fluffy or creamy or juicy, something brown or crisp, something savory, spicy, or fruity, something sweet or rich—a little of each four kinds—that's the way the best menus are made up.

Soups

VEGETABLE SOUP

To 1 quart of stock or bouillon, or to 1 pint of milk or water, add 3 tablespoons each of raw or cooked celery, and turnip or potato, either chopped or cut with a vegetable cutter; 1 tablespoon carrot and 1 cup of cooked and strained tomato and a teaspoon of chopped onion, simmered in butter till yellow but not brown. Or omit the tomato and onion and add from 3 to 5 tablespoons small green peas, cauliflower, asparagus tips, or all three. Any number of combinations may be made up, including cooked beans or rice, sweet corn and other vegetables. Cook all ingredients together for 15 minutes or longer.

BEAN SOUP

1 quart cooked beans or
1 large can baked beans
1 onion
2 quarts water
1 cup strained tomatoes
3 tablespoons butter
3 tablespoons flour
Salt to taste
Watkins Black Pepper to taste

Cook first 4 ingredients till soft, put through strainer or ricer. Melt butter, cook flour in it for a moment (do not allow to brown much), add 1 or 2 cups of the soup, cook till flour thickens, stir in rest of soup, season, serve. Slice of hard-boiled egg in each dish, or lemon slice, or both, may be used as garnish.

Tomato may be omitted; or twice as much may be used, reducing water proportionately.

CREAM OF OYSTER SOUP

1 pint oysters
1 quart milk
1 level tablespoon butter
1 level tablespoon flour
Watkins Black Pepper and salt to taste
½ cup whipped cream

Chop the oysters, drain off the liquor and add to it an equal amount of water; heat slowly, skim well, then add the chopped oysters and cook 3 minutes. Scald milk, thicken with butter and flour creamed together and add to the oysters with the seasoning. Put in the cream the last moment before serving, or place a dab on top of each soup plate.

NOODLES FOR SOUP

2 eggs
Pinch of salt
1 cup of flour (or more as needed)

Beat egg lightly, stir and knead in as much flour as possible. Knead well, let stand ½ hour or longer. Then roll out in thin sheets and let lie on cloth until quite dry but not brittle. Roll up and cut very fine. Have broth nicely seasoned and boiling. Drop in noodles and cook 5 to 10 minutes.

Fish

FRIED FISH

Dry-meated fish which do not easily fall to pieces when handled, may be cooked in the frying pan to advantage. Among such fish are halibut, haddock, cod, bass, smelt.

Remove head and fins, cut fish in halves (or if large, into smaller pieces or slices), roll in well-seasoned flour or corn meal or bread or cracker crumbs (use salt, Watkins Black Pepper). Have pan ready with 2 or 3 tablespoons oil or other fat. Brown fish on both sides, handling it with pancake turner or fish slicer. Before filling the pan a second time, rinse out the left-over fat and browned flour left in the pan, using 3 or 4 tablespoons hot water, and saving the rinsings for gravy or fish stock. Add fresh fat to the clean pan and proceed as before; thus you will avoid the taste of burned flour or crumbs.

Oily-meated fish such as shad, salmon, whitefish and lake trout, are usually better baked in a very hot oven, as they are apt to fall to pieces badly in the frying pan.

SALMON CROQUETTES

1 cup boned salmon
1 tablespoon butter
1 tablespoon flour
⅛ teaspoon Watkins Pepper
1 teaspoon lemon juice
½ cup milk
½ teaspoon salt

Make a cream sauce with the butter, flour, milk, salt and pepper, cooking until thick. Put salmon into bowl and add the sauce and lemon juice; mix well with fork until salmon is well broken. Set aside and when cold, mold into desired shapes, roll in bread crumbs, then dip in egg beaten with 1 tablespoon cold milk, then in bread crumbs. Let dry for an hour. Fry in deep hot fat. Serve with butter sauce.

BUTTER SAUCE

Put 4 tablespoons of butter into saucepan, add 2 tablespoons of flour, ½ teaspoon salt, ⅛ teaspoon Watkins Pepper and stir until smooth. Add gradually 1 cup of hot water, stock or milk. Stir continually while adding water, so that sauce will be smoothed. Boil 1 or 2 minutes.

Serve hot, over croquettes, or fish.

CREAMED TUNA FISH ON TOAST

Melt 2 tablespoons butter and blend with it 3 tablespoons flour; add 2 cups of rich milk (or use half cream) and stir while cooking until the mixture is smooth and thick. Add 1 teaspoon salt, ¼ teaspoon Watkins Black Pepper, dash of Watkins Red Pepper, one small can of pimentos chopped. Cook 3 minutes, stirring constantly and add 1 cup or more of flaked tuna fish (canned). Serve hot on squares of toast.

FISH CHOWDER

2 pounds raw cod, halibut or haddock, diced
3 or 4 cups diced raw potato
1 or 2 onions sliced
1 inch cube fat salt pork or bacon, minced
1/8 teaspoon Watkins Black Pepper (or to taste)
2 teaspoons salt
2 tablespoons butter
1 pint milk
4 soda crackers
2 cups water

Skin and bone fish. Place cleaned head and bones in 2 cups cold water, bring slowly to boil, cook gently for half an hour; strain. Cook pork till light brown, being careful not to scorch the fat, fry onion in fat till golden (not brown), then add potato and 2 cups hot water, cook 5 minutes, add fish and fish broth, let simmer about 10 minutes or till done. Soak buttered toasted crackers in hot milk a minute, combine mixtures, season, and serve promptly.

Cooked, dried or canned fish may be used instead of raw, but select the leaner varieties. One clove of garlic in place of one of the onions, is often considered an improvement. Two tablespoons finely minced parsley may be cooked with the onion, or added just before serving. Worcestershire sauce or tomato catsup may be used for seasoning, or canned tomato may be used in place of part of the milk or water. Crackers may be omitted, in which case blend 2 tablespoons flour with the butter and cook with milk till thick.

Watkins Onion Seasoning and Watkins Celery Salt may be used in place of the fresh vegetables. Cream may be used for part of the milk.

PIGS IN BLANKET

Dry large oysters. Pin around each thin slices of bacon and fasten with toothpicks. Fry or brown in very hot oven; serve with lemon.

FISH TIMBALES

2 cups raw cod, haddock or halibut
1 cup bread crumbs
1/2 cup cream
2 teaspoons lemon juice
2 eggs
1/4 teaspoon salt
1/8 teaspoon Watkins Black Pepper
1/4 teaspoon Worcestershire

Chop, mince or grind the fish till quite fine; add the crumbs, cream and seasoning. Beat the whites and yolks of the eggs separately, the whites to a froth and the yolks until thick. Add the yolks first and mix them well in; then just before cooking, fold in the whites, mixing only enough to blend them with the other ingredients. Turn into well-greased molds—plain ones are best, as the contents are likely to turn out better—and steam 20 to 30 minutes or until firm, either in a saucepan over the fire or in a covered pan containing boiling water, in the oven. In either case let the water come half way up the sides of the molds and keep the pan closely covered. Unmold and serve on individual dishes with a sauce poured over them (butter, cheese, egg, green pepper, or tomato).

TO BAKE FISH

Have the fish well washed, and if it is haddock, small cod or any small whole fish, the black skin on the inside can be removed by rubbing briskly with a cloth or small brush dipped in salt. Wipe the fish dry if to be stuffed. Prepare stuffing by the rule given below; place it in the fish and sew up the opening with white thread. Lay the fish in a well greased baking pan, preferably one kept for this purpose, dredge with flour and put in a little dripping or bacon fat over the top. If the oven is very hot cover the fish with a greased paper during the first part of the baking to prevent its becoming too brown. Baste frequently with the fat that is in the pan, adding more if needed. If baked too long it is likely to be dry; ten minutes for each pound should be long enough. Serve with a sauce or gravy.

STUFFING FOR BAKED FISH

3 slices stale bread or 1 cup
3 tablespoons chopped suet or fat
1 small onion, finely minced
1 tablespoon chopped parsley
Salt and pepper to taste
1 small egg, and a little milk if needed

Soak the bread in cold water till quite soft, mash it till smooth and add to it the suet or butter, onion, parsley, little milk—the mixture must be just firm enough to keep its shape—and fill the fish, sewing up the opening as soon as the stuffing is in place. This same mixture may be rolled in small balls, baked in the pan with the fish and served as a garnish if preferred. If a dry crumbly stuffing be preferred, omit soaking and use half cracker crumbs. Capers or pickles may be used in place of onions. Serve with egg sauce if liked. (See page 16).

SCALLOPED OYSTERS, DEVILLED

1 pint oysters with liquor
1 cup cracker crumbs
½ cup bread crumbs
1 egg yolk (or 1 egg)
⅓ cup melted butter
Salt and Watkins Black Pepper to taste
Cream or milk as needed
2 teaspoons chopped parsley
Few grains Watkins Red Pepper or Cayenne
1 teaspoon lemon juice
1-16 teaspoon Watkins Ground Mustard
Buttered crumbs

Look over oysters for bits of shell, chop slightly, simmer parsley gently in butter. Mix all ingredients except buttered crumbs which go on top. Use enough liquid to moisten crumbs thoroughly; or if liked very moist, soak crumbs for an hour in milk. Bake in scallop shells, deep oyster shells, or in a pie plate, browning the top well.

If preferred, oysters may be made to go much further by increasing amount of crumbs and milk or cream. Two hard-boiled eggs may be added to center layer of oyster "pie." One-quarter cup chopped celery, or 2 tablespoons minced onion or green pepper, simmered gently in the butter, is a good addition if extra crumbs be used. The raw egg may be omitted.

Vegetables

CAULIFLOWER AND PEAS

1 head cauliflower
2 cups peas
2 or more tablespoons melted butter
Watkins Black Pepper and salt

Remove the outer green leaves from the cauliflower. Separate into flowerlets, cook uncovered in boiling salted water about 15 minutes, until tender but firm. Arrange on a vegetable dish. Fill the center of the dish with a mound of peas and serve with melted butter. Serve 6 or 8.

DEVILLED TOMATO SLICES

Slice without peeling, green or ripe tomatoes, about ½ inch thick; season with salt, pepper and butter. Arrange in single layer on a hot buttered plate or broiler or frying pan; cook over the fire or in the oven until tender and slightly browned, turning them once. If preferred, slices may be dipped in flour after seasoning and before frying, or rolled in egg and crumbs or corn meal.

Serve with mustard sauce:

4 tablespoons butter
2 teaspoons sugar
1 teaspoon Watkins Mustard
¼ teaspoon salt
Few grains Watkins Red Pepper
2 tablespoons vinegar
1 egg, beaten
1 hard-cooked egg yolk

Take yolk of hard-cooked egg while still hot, rub to paste with butter; add remaining ingredients, cook in double boiler until it thickens to soft custard, stirring constantly. Pour over cooked tomato slices and serve.

Or, broiled or fried tomato slices are delicious when cooked in a little cream just before serving.

STUFFED PEPPERS

(Tomatoes, onions, cucumber or egg plant may be stuffed in same manner)

6 sweet peppers
2 cups cooked meat
1 onion
1 tablespoon butter
Watkins Pepper to taste
1 tablespoon parsley
1 teaspoon salt
¼ cup bread crumbs, fine
1 cup water or stock or tomato sauce
¾ cup buttered crumbs for top

Cut the peppers in halves crosswise, remove the seeds and cut off the stems. Chop the meat (this may be beef, veal, chicken or lamb) and the onion fine. Mix all the ingredients together except the stock or water and buttered crumbs which are sprinkled over the top, fill the peppers, stand them in a pan and put the hot stock or water around them. Bake in moderate oven 375° to 400° for 20 to 30 minutes, basting often. One cup cooked rice or macaroni may be used with meat, if well seasoned. One-half cup cheese may be used with rice, instead of meat. One-half cup chopped peanuts or other nuts or corn is sometimes substituted for meat.

WATKINS BAKED BEANS

1 quart navy beans
½ pound sliced bacon
1 teaspoon Watkins Ground Mustard
1 teaspoon Watkins Ginger (if liked)
2 tablespoons molasses
1 tablespoon salt
1 tablespoon brown sugar (or more if liked)

Pick over and soak the beans over night. In the morning scald in hot water, drain, then add fresh water to cover and cook 15 minutes or until you can blow skins off with your breath. Pour off all the water, put beans in a stone baking jar; add the other ingredients, first scalding the pork, slashing its rind and burying it in beans with rind exposed Cover with fresh boiling water and bake slowly 4 to 7 hours with the cover on the jar. Remove the cover the last half hour to brown.

CORN SOUFFLE OR CUSTARD

12 small ears of corn (2 cups)
4 eggs
1 teaspoon sugar
½ teaspoon salt or more Watkins Red Pepper
¼ teaspoon Watkins Black Pepper
2 tablespoons flour
2 tablespoons butter
1 pint milk
2 teaspoons Watkins Baking Powder

Cut the corn from the cobs; do not grate it. Add the yolks of eggs beaten lightly, sugar, salt, pepper, a dash of Watkins Red Pepper and the butter which has been melted and blended with the flour and milk. Beat the egg whites until very light, add the Watkins Baking Powder and beat again. Add to the other ingredients and mix lightly but thoroughly. Pour into greased baking dish, bake in moderate oven at 325 degrees F. 40 to 50 minutes, or until barely firm. Cooked asparagus, spinach, celery, onions, squash, green beans may be used. One cup of vegetables is sufficient, in many cases.

Devilled Tomato Slices (Recipe Page 8)

POTATO CROQUETTES

2 cups mashed potato
4 tablespoons grated raw carrot
1½ tablespoons chopped celery
¼ teaspoon salt
Dash of Watkins Red Pepper
1 egg with 4 tablespoons water for dipping crumbs for rolling
½ teaspoon minced onion
1 beaten egg

Mix vegetables, beaten egg, and seasoning; shape into balls, roll in seasoned crumbs, then in egg, then in crumbs. Let stand ½ hour to dry. Fry in hot deep fat till crisp brown, draining well. Or shape into flat cakes and fry in skillet in small amount of fat; though they will not then be quite as beautifully browned. Carrots and celery may be omitted. Cooked sausage or other meat, or 3 tablespoons chopped nuts may be used.

CABBAGE KING

Shred cabbage finely as for slaw. Cook in smooth, heavy pan over low fire, in melted butter without water. Use 1 or 2 tablespoons butter for each pint of cabbage. Keep closely covered during first 5 or 10 minutes, so that it may steam in its own juices; stir occasionally to prevent browning. Then remove cover and let it cook 5 or 10 minutes more, but do not allow it to darken or fry. Season with salt, Watkins Pepper, and a few tablespoons of cream. Let stand in warm place to take up seasoning. Should be bright-colored (green and white or pale yellow), sweet and very mild, slightly crisp.

BAKED SUMMER SQUASH

Pare, and remove seeds of 2 medium-sized squashes, or if very young and tender (little scalloped green cymblings) leave skin and seeds in the squash. Cut into thin slices. Brush a casserole with bacon drippings or butter, and put into it the squash, a little salt, Watkins Pepper and 2 or 3 tablespoons of water. Cover and bake in moderate oven (400 degrees) for 15 or 20 minutes then remove cover, stir, continue baking until tender. Before serving mix with a fork or an egg whip, adding butter generously.

Squash may be baked in the shell, placing the shell in a shallow pan of water, and baking until tender. Remove the outer skin, and season squash with butter, salt and pepper to taste.

HASHED BROWN POTATOES IN MILK

1 pound chopped raw potatoes
3 teaspoons minced onion
2 teaspoons minced celery or parsley
2 tablespoons fat
Watkins Black Pepper
1½ to 2 cups milk (part cream if convenient)
1½ teaspoons salt

Melt fat in smooth heavy pan; brown onion, parsley, and celery slightly in it, remove and brown potatoes. Return celery and onion or parsley, season, add milk. Cook uncovered over gentle heat until milk is all absorbed, potatoes are tender and have a brown crust underneath. Turn one-half over the other half like an omelet, and serve.

To be successfully browned, a vegetable or meat hash requires a heavy, smooth pan and a low flame and plenty of time. Should be cooked a few minutes with cover on at first, until potatoes absorb some of the moisture and become tender enough to cake over bottom.

CREAMED CELERY

The outside stalks of 3 heads of celery
3 level tablespoons butter
3 level tablespoons flour
1½ cups milk
Salt and Watkins Black Pepper to taste

Wash and scrape the celery and cut into inch lengths; cook in salted water barely to cover for 10 minutes, leaving the celery somewhat crisp, and then drain very thoroughly. Save the water poured off and use it next time you boil potatoes or other vegetables. Blend together the butter and flour, add the milk a little at a time, stirring constantly till the whole boils. Cook 3 minutes, add salt and Watkins Pepper, and heat the celery in the sauce. Onions, parsnips and carrots may be prepared the same way, but will need 20 minutes' cooking unless very finely cut. All these vegetables are much milder and sweeter in flavor when cut fine and cooked a short time.

SPINACH EMERALD (OR OTHER GREENS)

Wash thoroughly in two large pans, with plenty of water, lifting from one pan to the other. If young and tender, spinach will need no added water other than what clings to its leaves; but if leaves are large and old, they must be cut across with shears or knife and put to cook in boiling salted water to cover them well. Use stems if tender and juicy, cutting them crosswise into short lengths. Sprinkle greens with salt if no water is used.

If little or no water be used, cover tightly and keep flame low, stirring occasionally until juices run freely; cover may then be removed, and juice allowed to boil down. Do not cook tender greens longer than 10 to 20 minutes, nor allow them to turn brown; they should be bright green when served. Season with butter, cream, salt if needed, Watkins Black Pepper.

SWEET CARROTS

Scrape desired number of carrots; cut in quarters lengthwise, if young or slice thinly if mature, and boil in salted water until tender or about 10 to 20 minutes. Drain. Add large lump of butter and ¼ cupful brown sugar. Heat until butter and sugar are well blended with carrots, add sprinkle of Watkins Black Pepper.

STRING BEANS, ENGLISH FASHION

String 1 pound (about 1 quart) of young, tender beans and cut each lengthwise, passing the knife through the whole length of the pod; this will take about 20 minutes. Put into 1 pint boiling water with ½ teaspoon salt. Let boil (loosely covered) for 15 or 20 minutes (not more) when the beans should be bright green, tender, and sweet, with about 1 cupful of sweet, mild-flavored vegetable broth on them; this is worth saving for use in gravy, meat loaf or hash, omelet or soup. Add 1 or 2 tablespoons butter, salt, and Watkins Black Pepper to beans, or use 2 or 3 tablespoons cream. Let stand in warm place a few minutes to take up seasonings. This is a very different product from the boiled beans whose pods are snapped or cut crosswise, and which must be cooked 40 minutes or longer.

Meats

HAMBURGER LOAF

1½ pounds Hamburger (¾ Beef, ¼ Pork)
1 teaspoon salt
1 teaspoon onion juice or Watkins Onion Seasoning
Generous dash of Watkins Black Pepper
¾ of finely minced green pepper
1 egg beaten
1 tablespoon butter melted in ½ cup of thick tomato soup
½ cup bread crumbs, or cooked rice or Macaroni

Mix all thoroughly and shape into long loaf in baking dish. Lay strips of thinly sliced bacon across the top. Add shake of pepper and onion salt on top. Place in oven and bake slowly about an hour when it should be nicely browned.

BAKED VEAL WITH HORSE-RADISH SAUCE

1 thin veal cutlet
1 teaspoon drippings
1 teaspoon chopped onion
½ cup bread crumbs
½ teaspoon salt
⅛ teaspoon Watkins Pepper
1 teaspoon chopped parsley

Trim edge of cutlet and spread on board or platter. Fry onion in drippings until tender but do not brown. Add parsley and bread crumbs mixed with enough water to hold them together (1 or 2 tablespoons) and seasoned with ⅛ teaspoon salt and one-sixteenth teaspoon pepper. Spread on cutlet and roll; tie in 3 or 4 places. Dust with salt, pepper and flour. Place in pan, add ½ cup hot water; put into hot oven and roast (uncovered) 35 to 45 minutes, adding water if needed. Remove to hot platter. Serve with horse-radish sauce as follows:

2 tablespoons butter
2 tablespoons grated horse-radish
1 tablespoon thick cream
1 to 2 teaspoons lemon juice

Cream butter, add horse-radish, cream and lemon juice. Keep very cold until served.

BROWNED HAM HASH

2 cups chopped boiled ham
2 cups cubed boiled potatoes
2 tablespoons minced onion
2 tablespoons minced green pepper or parsley or celery tops or
⅛ teaspoon celery seed or
¼ teaspoon Watkins Celery Salt
2 tablespoons bacon fat or drippings
Salt to taste
Watkins Black Pepper to taste
1 cup stock or milk

Melt fat in heavy smooth frying pan; add minced seasonings, simmer gently, but do not brown much. Add other ingredients well mixed, spread hash evenly, packing well; cook for half an hour over gentle heat till brown crust forms on bottom. Fold over and serve.

Other kinds of left-over meat may be used in this same way. Less potato may be used if preferred. Canned or fresh tomatoes may be substituted for the milk. Hash may be spread on pie plate or in dripping pan and baked in oven ¾ hour or until brown.

ROAST CHICKEN, DUCK OR TURKEY

Remove pin feathers, cut out the oil bag, draw (if necessary), singe, wash inside and out, dry. Fill with stuffing (not too tight), sew up openings, cross drumsticks and tie securely to tail. Cut off bony neck, boil it with giblets. Fold skin of neck down and sew to breast. Tie wings tightly against body. Dredge all over with salt, Watkins Black Pepper and flour; place on rack in roasting pan, bake half an hour or until browned, in hot oven (450° to 500°). Then reduce heat sharply (to 325° or 350° F.) and bake until meat is tender, basting with its own fat and a spoonful or two of hot water, every ten minutes during the last half hour or hour. Mature fowl will need to be cooked about 20 minutes per pound, but young and very tender birds will often cook tender in much less time.

Sausage stuffing is especially good with turkey. An 8 or 10-pound bird requires about 1 pound of sausage meat with 2 or 3 cups of bread or cracker crumbs. No liquid needed unless you want a moist dressing; and no added fat, and little other seasoning.

CHICKEN CROQUETTES

2 tablespoons butter
4 tablespoons flour
1 cup milk
2 teaspoons salt
1 teaspoon Worcestershire sauce (if desired)
⅛ teaspoon Watkins Paprika
⅛ teaspoon Watkins Black Pepper
1 tablespoon chopped parsley
2 cups chopped chicken
1 or 2 eggs

Melt butter in saucepan; add flour and blend well, then add milk slowly, stirring until smooth and creamy; add seasoning and parsley. Cook 2 or 3 minutes. Add chicken; mix well and pour out on platter to cool. When cool enough to handle, take a large spoon of the mixture in floured hands; shape into balls, cones or oval cakes and put into cold place until firm. Roll in bread crumbs, then in eggs beaten with 2 tablespoons cold milk, then in the bread crumbs. Let stand 1 hour to dry. Fry in deep fat hot enough to brown a piece of bread in 40 seconds (385 degrees F.) and drain on brown paper. Makes 14 croquettes.

BROILED STEAK AND MUSHROOMS

Have steak cut one inch thick if possible, or at least three-fourths inch thick if it is desired to be juicy. Place large pie plate in broiling pan under wire grid to catch drippings; this is easier to wash than is the broiling pan itself. Heat broiler under gas or over coals till hot. Grease the smoking hot wire grid with a piece of suet, lay steak on it, sear under intense heat till gray, but not very brown (this would make the meat tough), turning every minute for the first three minutes. Then lower the heat or move the steak further from it, let cook 10 or 15 minutes longer at gentle heat (according to thickness), turning occasionally. Test by cutting into edge of steak to see if it is done to the degree of rareness you like. Season with salt, Watkins Black Pepper, and butter. Serve on hot platter.

Fresh Mushroom Sauce: Clean and slice fresh mushrooms lengthwise through cap and stem, to make 1 cup. Cook in 1 tablespoon butter tightly covered over gentle heat for about 5 minutes. Remove cover, season and let brown somewhat. Spread over steak just before serving. Fine, large mushrooms may be broiled with the steak 5 to 10 minutes; their stems removed, gills dotted with butter and seasonings; turn when browned, do not let dry.

Canned Mushroom Sauce: Use 1 cup small button mushrooms, brown gently in 2 tablespoons butter, add 2 tablespoons flour; then 1½ cups meat or vegetable stock, season, adding few drops vinegar or lemon juice and tabasco sauce if liked. Cook till flour thickens.

SWISS STEAK IN CASSEROLE

1½ pounds round steak	1 cup boiling water
Flour	1 small carrot sliced
Fat (about 3 tablespoons)	Salt
1 onion sliced	Watkins Paprika

Pound into the steak as much flour as it will hold. Sear in hot fat. Add the onions and carrot. Place in the casserole with the salt, paprika and the boiling water and simmer until tender, being careful to reduce gravy to a small amount so as to keep flavor in meat.

BEEFSTEAK PIE

1½ pounds round steak	⅓ level teaspoon Watkins Black Pepper
1 level tablespoon flour	Cold Water
1 level teaspoon salt	

Pie Crust Dough

Cut the meat in thin slices and a little of the beef suet into very small pieces. Mix the flour, salt and pepper on a plate and dip each piece of meat into it. Place a little fat in each piece of meat and roll up and tie with thread. Lay these rolls of meat in a pie dish, and fill the dish about two-thirds with cold water. Cover the dish and bake in a moderate oven for about 1½ hours. When the meat is tender and the gravy rich, cover with pie crust and bake 20 minutes or till crust is brown.

JIGGS' FAVORITE

4 pounds corned beef	2 small turnips
4 beets	6 potatoes
1 small cabbage	3 onions
4 carrots	6 parsnips

Wash the meat and let stand in water ½ hour to remove some of the salt. Put in a kettle with boiling water to cover and simmer about 4 hours. Boil beets in their skins 40 to 60 minutes or until tender. Prepare the other vegetables, and cut into quarters, slicing cabbage as for serving and removing the core. Remove the meat when tender. Add the onions, potatoes, turnips and parsnips and cook 15 minutes, then add the thinly sliced carrots and cabbage, cook 10 to 20 minutes longer. Add the peeled cooked beets and the meat, heat all together and serve on a large platter, with vegetables arranged in attractive border around meat. Garnish with parsley, cress or celery tops.

Vegetables cooked for a short period as above lack the strong flavor of the old-fashioned boiled dinner cooked for hours. For that very reason they make a better appeal to many palates.

PORK ROAST AND SWEET POTATOES

2 pounds pork (fresh ham)	Sweet potatoes
2 tablespoons fat (cut from meat)	Apples

Heat utensil with fat, sear meat. Put in oven and bake 1 hour. Place halved sweet potatoes and apples around the roast. Cover and cook for 1 hour longer. Garnish potatoes with quartered marshmallows. Place in oven long enough to puff and brown marshmallows. Garnish meat with baked apples and parsley.

BAKED HAM

Soak ham over night, then wash and scrape it. Put it into cold water; let it come to boiling point then simmer for 2 hours. Let the ham cool in the water; then remove and draw off the skin. Bake in moderate oven for 2 hours, baste it frequently, using 1 cup of peach juice (left over from canned or pickled peaches or other fruits) 2 spoonfuls at a time; then baste with melted butter. When done, cover with a paste of Watkins Prepared Mustard, flour and brown sugar moistened with the peach juice, stick with Watkins Cloves at regular intervals if desired, and return to oven to brown.

CHILI CON CARNE

Chop 1½ pounds of beef rather coarse and fry in suet; add 2 onions and fry light brown; season well with salt, Watkins Pepper and Watkins Chili Powder, then add 1 No. 2 can tomatoes and let simmer about 30 minutes or till tender. Cook about 6 or 8 ounces of spaghetti in plenty of water and rinse in cold water. Heat 1 can of red kidney beans to boiling point (about 2 cups). Mix all together just before serving.

Cheese and Egg Dishes

FRENCH OMELET WITH BACON

Dice 4 slices of bacon and fry slowly, in smooth heavy pan. Beat 4 eggs until light, add 5 tablespoons of milk, season with salt and a dash of Watkins Paprika. Mix with bacon and cook over low heat until light brown beneath; lifting occasionally with fork to let liquid part run underneath. Fold and serve on a hot platter.

EGG SAUCE FOR FISH

1 cup fish stock
2 tablespoons butter
2 tablespoons flour
2 egg yolks
1/8 teaspoon Watkins Black Pepper
1 tablespoon chopped onion
1 tablespoon chopped parsley
1 tablespoon lemon juice or vinegar
1/2 teaspoon salt

Boil head, bones and tail of fish for 1 hour in water to cover; this makes the fish stock. Melt butter, blend flour with it, allow flour to brown, add onion, parsley, and fish stock, boil 1 minute, add acid and seasonings, remove from fire and cool for half a minute Stir in well-beaten yolks.

BAKED EGGS AND CHEESE

Break the desired number of eggs in a shallow, greased baking dish, add a few tablespoons of cream and salt enough to season, and sprinkle with a mixture of grated cheese and fine dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven (350 degrees F.) until the eggs are set and the crumbs are brown. Just before serving add a few dashes of Watkins Pepper.

COTTAGE CHEESE AND NUT LOAF

1 cup cottage cheese
1 cup nut meats
1 cup bread crumbs
Juice of 1/2 lemon
1/2 teaspoon salt
1/4 teaspoon Watkins Pepper
2 tablespoons chopped onion
1 tablespoon fat

Mix cheese, ground nut meats, crumbs, lemon juice, salt and pepper Cook the onion in a little fat and water until tender. Add to the first mixture the onion and sufficient water to moisten. Mix well. Pour into baking dish and brown in the oven (375 degrees F.) for about 20 to 30 minutes.

BUTTERED SPAGHETTI WITH CHEESE

3/4 pound or 3 cups uncooked spaghetti
1/2 cup melted butter
1/2 cup grated cheese

Method: Cook spaghetti in several quarts of boiling, salted water until tender. Drain. Butter large platter generously and sprinkle with grated cheese. Spread spaghetti on the platter. Pour melted butter over the spaghetti and sprinkle grated cheese over all. Serve hot. Serves 6.

MACARONI LOAF

- ¾ cup creamettes or broken macaroni
- 1 cup soft bread crumbs
- 1 cup cream, scalded and cooled
- ½ cup melted butter
- 1 tablespoon chopped pimento
- ½ cup grated cheese
- 1 tablespoon grated onion
- 1 tablespoon chopped parsley
- 3 eggs
- 1 teaspoon salt

Cook creamettes or macaroni in boiling salted water, strain and cool. Put all ingredients together and add eggs (well beaten) last. Line pan with greased paper. Add mixture and set in a pan of hot water in oven. Bake 50 to 60 minutes. Thin bacon slices on top are good.

SCRAMBLED EGGS WITH DRIED BEEF

- ¼ pound dried beef
- 3 eggs
- 3 tablespoons milk or water
- 1 tablespoon butter

Cover beef (which has been picked into small pieces) with melted butter and sizzle for a moment till crisp. Add eggs, which have been beaten with the milk or water. As soon as eggs begin to set, stir until jelly-like or set.

Salads

ORANGE SALAD

- 4 oranges
- 1 cup English walnut meats
- Salad dressing
- Lettuce
- ¼ cup chopped celery

Peel and cut the fruit into small sections. Blend with the nuts, celery and 4 tablespoons of salad dressing. Chill and serve on lettuce with additional dressing. Malaga or white grapes, grapefruit, fresh or canned peaches, apples, canned white cherries, cooked prunes or chopped dates may be mixed with, or substituted for the oranges. One or two tablespoons of finely chopped onion or green pepper or both, are often combined with oranges in salad.

POTATO SALAD

1 pint diced boiled potato
2 hard-cooked eggs
1 cup diced cucumbers (or more)
½ cup finely cut celery or radishes or ⅓ cup green pepper or olives, ripe or green
1 cup mayonnaise or boiled dressing (no sugar) or French dressing as liked
Salt to taste
Watkins Black Pepper to taste
Watkins Onion Seasoning to taste
⅛ teaspoon Watkins Ground Mustard if liked

Potatoes should not be mealy, and care should be taken not to stir salad until mushy. Ingredients may be varied. Shredded lettuce may be used instead of celery or cucumber. One-fourth cup (or less) of very finely minced sweet mild onion or chives may be added. Same amount of pickle or chopped sardines or capers is sometimes used. Potato salad should stand 2 to 4 hours in ice box to blend flavors.

CABBAGE SALAD

2 cups shredded cabbage
1 pimento
1 green pepper
Salt
Watkins Paprika
Lettuce or cabbage leaves
½ cup salad dressing

Shred and crisp the cabbage in ice cold water. Cut the pimento and pepper into small pieces and mix all with the dressing. Serve on lettuce or cabbage leaves. One-half cup of finely chopped celery or carrot or 1 teaspoon grated onion, or all three, may be added to the green pepper, or, ¾ of a cup of shredded pineapple, or sliced oranges or chopped apples or raisins, or both, may be used instead of the green pepper. One-fourth cup nuts is a good addition.

SWEETBREAD SALAD

1 pair sweetbreads (about ¾ pound)
1 large cucumber
2 or 3 hard-cooked eggs
Salt and Watkins Black Pepper to taste
1 cup canned button mushrooms diced
1 cup oil mayonnaise
¼ cup diced celery
¼ cup chopped olives (ripe or green)

Boil sweetbreads 20 to 30 minutes in 1 quart water with 2 teaspoons salt and 3 tablespoons vinegar. Cool, trim off skin and vessels. Mix with all ingredients except cucumber. Let chill for 30 to 60 minutes, add diced cucumber; serve on lettuce.

Mushrooms may be omitted, as may olives. One-fourth cup chopped nuts may be added, as may ¼ cup green pepper or pimento.

STUFFED DATE SALAD

Remove pits from dates and stuff with cream cheese. Chopped nuts or preserved ginger or both, may be mixed with the cheese. Arrange 6 dates for each serving on a bed of crisp lettuce. Serve with French or mayonnaise dressing. Prunes soaked in water or in cider or in fruit juice or celery stalks may be stuffed in the same way.

CHICKEN SALAD

1 cup diced cooked chicken
½ cup diced celery
1 hard-cooked egg
1 or 2 tablespoons chopped pimento or green pepper
1 or 2 teaspoons very finely chopped chives or mild, sweet onion
½ cup oil mayonnaise
Salt to taste
Watkins Black Pepper to taste
¼ cup chopped olives (ripe or green)
¼ cup chopped nuts

Have all ingredients very cold. Cut meat and eggs into pieces of nice size, not too fine (but chopped seasonings should be very fine). Do not stir in such a way as to make the mixture mushy. Nuts may be omitted, as may olives and green pepper or pimento. Watkins Celery Salt and Watkins Onion Seasoning may be used in place of celery or onion, but celery should also be replaced by something crisp and juicy, as shredded lettuce or grated raw carrot. One-half cup of chopped apple or pineapple may be added to good advantage or may replace the celery. Or ½ cup of diced cooked sweetbreads and ½ cup of diced canned mushrooms may be added.

RAW CARROT SALAD

3 carrots (about 1 cup)
1 teaspoon minced parsley or onion
¼ cup chopped peanuts
Salt
Watkins Paprika
Salad dressing
Iceberg lettuce
¼ cup chopped cucumber pickles, sweet or sour

Grate the carrots or pass through the food chopper, using the fine knife. Mix with the parsley, peanuts, pickle, and seasonings and moisten generously with salad dressing. Chill and serve piled high on iceberg lettuce.

RICE AND PIMENTO SALAD

1 cup cooked rice
3 tablespoons chopped green pepper
½ cup celery cut fine
½ cup almonds or walnuts coarsely chopped
3 tablespoons chopped pimento

Mix ingredients and season. Serve on lettuce and garnish with strips of pimento. Serve with cheese dressing (grated cheese added to salad dressing), or with plain mayonnaise. Chicken, fish or chopped meat is a good addition.

EGG AND CUCUMBER SALAD

1 large cucumber
2 tablespoons diced celery
Salt
2 hard-cooked eggs, diced
2 tablespoons salad dressing
Lettuce

Peel and dice cucumber, chill, then add the celery, salt and diced eggs and blend with the salad dressing. Serve as individual salads, a spoonful, in a lettuce cup to each person. Mix just before serving, for juice will run out of cucumber on standing.

Salad Dressings

FRENCH DRESSING

- ¼ teaspoon salt
- ⅛ teaspoon Watkins Paprika
- 1 teaspoon sugar (white or brown)
- 6 tablespoons oil
- 2 tablespoons lemon juice or vinegar

Put all ingredients into bottle and shake well. Or beat together in bowl. Chill thoroughly, beat or shake again just before serving.

One-fourth teaspoon Watkins Mustard (or less) ½ teaspoon onion juice, ¼ teaspoon Watkins White Pepper or a few grains Watkins Red Pepper, a whole teaspoon Watkins Paprika instead of an eighth teaspoon, 2 teaspoons sugar instead of 1 (when used with fruit salads or sweet vegetables as carrots and cabbage) are good variations or additions.

FRENCH FRUIT DRESSING

For French fruit dressing, substitute lemon juice for vinegar (3 tablespoons) and add 3 tablespoons of orange juice, or 3 of pineapple juice (or both) and another teaspoon of sugar and a little more salt.

ROQUEFORT DRESSING

For Roquefort dressing, add from 4 to 8 tablespoons crushed Roquefort cheese, or as much as desired; use vinegar instead of lemon juice, and 2 tablespoons brown sugar, with 2 teaspoons of chili sauce if liked.

BOILED SALAD DRESSING

- 2 eggs
- 2 tablespoons flour
- 1 teaspoon salt
- 2 tablespoons butter
- ⅔ cup vinegar
- ⅓ cup water
- ½ cup sugar
- 1 teaspoon Watkins Mustard

Mix the dry ingredients, add butter, beaten egg and liquid. Cook in a double boiler till thick. Thin with cream, milk or fruit juice. Salad oil may be used instead of butter, or in larger amounts. If used with potato, meat or fish salads, omit the sugar. Add relishes as described under French dressing, if desired.

MAYONNAISE DRESSING

- 1 egg yolk
- ½ teaspoon Watkins Mustard
- ½ teaspoon salt
- Dash of Watkins Red Pepper
- 1 cup salad oil
- 3 tablespoons vinegar or lemon juice

Put egg yolk in shallow bowl, add seasoning and beat hard. Add oil at first slowly, almost drop by drop, beating until thick. Thin with vinegar and continue adding oil and vinegar until all is used.

Mustard may be omitted, ¼ teaspoon Watkins Black Pepper may be substituted for red, 1 teaspoon of sugar may be added. Variations suggested under French Dressing above, may also be used with mayonnaise dressing, whipped cream may be added.

Pickles and Relishes

CUCUMBER RELISH

2 cucumbers
1 tablespoon salt
1 cup vinegar
¼ cup sugar
½ cup celery cut fine
2 tablespoons horse-radish
2 tablespoons chopped onions
1 tablespoon Watkins Spices mixed (cinnamon, cloves, allspice)
$\frac{1}{16}$ teaspoon Watkins Cayenne

Peel and chop cucumbers, sprinkle with salt, let hang 2 hours in cheesecloth bag, drain. Mix with chopped onion and celery, place in jars. Heat sugar and seasonings with vinegar (spices in loose bag), let boil 3 minutes, cool only for a moment, pour over chopped vegetables, seal.

PICKLED BEETS

1 quart sliced boiled beets
3 cups beet water
1 cup sugar
2 cups vinegar
1 teaspoon Watkins Cloves
¼ teaspoon Watkins Mace

Beets must be thoroughly scrubbed with brush before boiling, so that the water in which they are cooked may be perfectly clear and bright in color. Boil liquid, sugar and spices together for a moment, add beets, when thoroughly hot put into scalded jars and seal.

MOCK MINCE MEAT

1 peck green tomatoes
2 tablespoons salt
4 pounds sugar
2 pounds raisins seeded
2 pounds dried currants or seedless raisins
¼ pound finely chopped suet
1 tablespoon Watkins Lemon Extract
2 cups cider or
1 cup vinegar
1 tablespoon Watkins Cinnamon
½ tablespoon Watkins Nutmeg
½ tablespoon Watkins Allspice
½ tablespoon Watkins Cloves
1 tablespoon Watkins Orange Extract

Wash, trim, chop tomatoes; place in colander, pour boiling water over them three times, draining well each time. Cook with sugar, salt, suet, raisins, currants (if used), till clear and tender, stirring frequently so as not to scorch. Add cider or vinegar with spices, cook a few minutes, let cool, add flavoring extracts to taste. Pour into scalded jars and seal. Use for pie filling.

SWEET CUCUMBER PICKLES

Soak small cucumbers in strong salt water for 24 hours, 1 cup salt to 4 cups water. Drain, dry.

2 quarts salted cucumbers
1 quart strong vinegar
1 quart water
4 cups sugar
2 tablespoons Watkins Spices mixed (cloves, cinnamon, allspice, nutmeg)

Heat liquid, sugar and spices to boiling, add drained cucumbers, boil 15 minutes; pack hot in scalded jars and seal.

If heavier spicing be preferred, double or treble amount used.

If dill flavor is liked, add a few blossoms to bottom and top of each jar when filling. Two or 3 cloves of garlic or half a small horse-radish root may be used instead of dill.

Conserves, Jams, Jellies

CRANBERRY JELL

1 quart cranberries
1 pint (2 cups) of sugar
1 pint water

Cook berries in water over hot fire until they burst. Stir in sugar and put through colander or strainer. Pour into glasses and let cool.

TOMATO CONSERVE

6 pounds ripe tomatoes (scalded and peeled)
3 pounds sugar
1 pint or less vinegar
2 tablespoons Watkins Cinnamon
½ tablespoon Watkins Nutmeg
½ tablespoon Watkins Ground Cloves
½ tablespoon Watkins Black Pepper
2 teaspoons salt

Cook slowly until it begins to thicken, then add 1 pound raisins and let come to boil quickly. Pour into cans and seal.

WATKINS FRUIT PECTIN PINEAPPLE JELLY

1 cup juice from canned pineapples
1½ tablespoons lemon juice
1½ cups sugar
½ envelope Watkins Fruit Pectin

Dissolve Fruit Pectin powder in fruit juices, boiling two minutes and stirring constantly. Add sugar and cook from 2 to 4 minutes, according to stiffness desired. Pour into scalded glasses, cover with hot melted paraffin while boiling hot, seal with hot melted paraffin a second time after cooled.

Other fruit juices, both fresh and canned, may be used in the same way. Think of being able to make 5 or 6 glasses from a pint bottle of grape juice at a moment's notice! And you can have raspberry jelly, cherry jelly, blackberry jelly, plum or prune jelly, from fresh or canned fruit, on the same easy terms and with the same blissful certainty that your jelly will jell.

WATKINS FRUIT PECTIN CIDER JELLY

(Now who'd suppose Cider would jelly?)

1 cup cider
$\frac{1}{10}$ teaspoon Watkins Cinnamon
1½ cups sugar
$\frac{1}{20}$ teaspoon Watkins Cloves or Allspice
½ envelope Watkins Pure Fruit Pectin

Cook cider, spices and Fruit Pectin powder together (having thoroughly mashed all pectin lumps before wetting), until pectin is thoroughly dissolved. Add sugar, cook 4 minutes; pour into scalded glasses, seal while boiling hot with hot melted paraffin, if jelly is not to be used at once. Seal a second time after cooled.

Serve as accompaniment to ham, corned beef, or tongue.

GRAPE MARMALADE

1 five-pound basket blue grapes
1 quart of sugar
½ pound walnuts
1 orange chopped
1 pound of raisins

Separate pulp from skins. Heat and put through sieve. Add to orange, skins and sugar, cook about 20 minutes; add the rest of the ingredients which have been put through the chopper. Put into jelly glasses and seal.

RHUBARB CONSERVE

3 pounds sugar
3 pounds rhubarb
2 lemons
Chopped nuts, if desired, may be added when almost done
1 or 2 oranges cut up fine

Cut up rhubarb, put lemons and oranges through fruit chopper then mix all well with sugar and let stand over night. In the morning let it cook until it thickens.

RHUBARB AND FIG JAM

1 pound figs
3 pounds sugar
4 pounds rhubarb

Cut fruit into pieces. Add sugar and let stand over night. Cook slowly 1 hour or until figs are tender, stirring occasionally.

WATKINS FRUIT PECTIN VENISON JELLY

(An Old-Fashioned Favorite Returns By An Up-to-Date Route)

1 cup grape juice
2 tablespoons vinegar
1½ cups sugar
$\frac{1}{16}$ teaspoon Watkins Cloves
$\frac{1}{16}$ teaspoon Watkins Cinnamon
½ envelope Watkins Pure Fruit Pectin

Cook all ingredients except sugar together for 3 or 4 minutes, or until pectin is thoroughly dissolved. Add sugar, stir till dissolved, cook 4 minutes, pour into scalded glasses, seal while hot with hot melted paraffin. Seal again after cooled.

Almost any grape juice, even a cheap bottled one, can be used for venison jelly with excellent results.

Canned raspberry, blackberry or loganberry juice may be used in the same way. Don't throw away the juices from your canned fruits, make jelly of them with Watkins Pure Fruit Pectin.

PRESERVED CHERRIES

Take large, ripe sour cherries; weigh them and to each pound allow a pound of granulated sugar. Stone the cherries (opening them with a sharp quill) and save the juice that comes from them in the process. As you stone them, throw them into a large pan or tureen and strew about half the sugar over them and let them lie in it an hour or two after they are all stoned. Then put them into a preserving kettle with the remainder of the juice and sugar and boil and skim them till the fruit is clear and the syrup thick. Or let them just come to the boiling point. Skim and spread on large platters. Cover with mosquito netting and let stand in the sun two or three days, until the syrup is thick.

The Story Behind Watkins Products

Way back in 1868 the House of Watkins was founded on a new idea of organized distribution that would bring the products of the manufacturer direct to the consumer, eliminating the expense and profits of many middlemen. Bound with this idea was the determination of the Founder that only highest quality products should carry the name of Watkins. For three generations this idea has been jealously guarded and now, in every state and in every province of the North American Continent, housewives have found that the name "J. R. Watkins" stands unalterably for high quality and honest value.

This policy was triumphantly crowned at the International Exposition, Paris, in 1928, when The J. R. Watkins Company was awarded the Grand Prix with Gold Medal. This was an official international indorsement of the judgment of thirty million users that Watkins quality is supreme. It took the spirit and the courage and vision of pioneers holding steadfast to an ideal to bring about this crowning achievement of merit.

This institution has grown until today it is the largest and oldest of its kind in the world. There are over 7200 Dealers delivering Watkins Products direct to the consumer from 12 great factories and branches strategically located to give customers fresher products and faster service at the most favorable prices.

Success like this doesn't just happen—it has to be earned. Customer satisfaction has built this business. Honesty, Value, and Fair Dealing carry it on.

Deep Fat Frying

PRUNE FRITTERS

Remove the pits from large prunes which have been stewed in a small amount of water. Drain thoroughly and fill the cavities with walnut meats, dip the prunes in fritter batter and fry in deep fat. Serve as an accompaniment to roast beef or pork.

FRITTER BATTER

1 egg
½ cup of milk
⅓ teaspoon of salt
1 teaspoon Watkins Baking Powder
1 cup of flour

Beat the egg, add the milk and mix thoroughly. Sift the dry ingredients and mix with the liquid.

BANANA FRITTERS

4 bananas
¼ cup of sugar
½ cup of lemon juice
Fritter batter

Remove the skins from the fruit, scrape the bananas with a silver knife and cut each up in 4 equal parts. Sprinkle with the lemon juice and sugar; let stand 1 hour. Drain, dip them in the batter for fritters and fry in deep fat at 375 degrees. Sliced apples, peaches, oranges may be used in the same way. Serve hot as fritters become soggy on standing.

CORN FRITTERS

1 cup of corn
1 teaspoon Watkins Baking Powder
⅛ teaspoon Watkins Pepper
½ teaspoon salt or more if needed
½ cup flour
1 egg

Use fresh or canned corn. Mix the corn, yolk of egg, pepper, salt and flour, then carefully add the stiffly-beaten egg white and the baking powder. Add 3 or 4 tablespoons milk if corn be very starchy. Drop by spoonfuls into hot fat (375 degrees). Brown on one side, turn and brown on the other. Drain on paper and serve immediately with or without syrup.

SOUR CREAM DOUGHNUTS

1 cup sugar
½ cup sour cream
½ cup sour milk
About 4 cups flour
4 teaspoons Watkins Baking Powder
2 eggs (beat separately)
½ teaspoon soda
1½ teaspoons salt
Watkins Cinnamon, about ½ teaspoon
½ teaspoon Watkins Vanilla

Beat sugar, sour cream, sour milk and eggs together with an egg beater. Sift and add dry ingredients. Roll out and fry in hot fat (370 degrees). Drain on soft paper. Omit soda if sweet milk is used, add 1½ tablespoons butter if no cream.

Yeast Breads and Rolls

WHITE BREAD

1¼ pounds (5 cups) bread flour
1 cake compressed yeast
2 level teaspoons salt
4 level teaspoons sugar
1½ cups water or a little more
1½ level tablespoons shortening

1. Crumble yeast cake, dissolve in small amount of lukewarm water.
2. Add the rest of the lukewarm water, salt and sugar.
3. Mix well and add all of the flour.
4. When partially mixed, add the shortening, melted.
5. Mix well with the hands. Keep sides of bowl clean.
6. Turn out on slightly floured board and knead until dough is smooth, elastic, and bubbly at surface.
7. Allow to stand in warm place (80 degrees to 82 degrees F.) for 2 hours or until double in bulk.
8. Knead down and let stand 45 minutes.
9. Knead again and let stand 15 minutes.
10. Divide dough for the loaves if more than 1 loaf is being made
11. Put in well-greased loaf pans.
12. Allow to rise until light and about doubled in bulk.
13. Time—Bake 50 to 60 minutes until well browned and shrunk from pan.

    Temperature—425 degrees F. (hot oven) for first 15 minutes, then reduce heat to 360 degrees F. or moderately hot oven.

    Amount—Two loaves of almost 1 pound each or 1 pound loaf and 1 dozen rolls.

In case a large batch, i.e., 6 to 8 loaves is to be made, multiply this recipe by four, except that the flour should be scanted a little and only 1 yeast cake will be needed for the whole batch, if the dough rises over night.

GRAHAM OR WHOLE-WHEAT BREAD

1 cake yeast
1 cup milk scalded and cooled
2 tablespoons light brown sugar or ¼ cup molasses
1 cup lukewarm water
2 tablespoons lard or butter melted
4 cups Graham flour
1 cup sifted white flour
2 teaspoons salt

Dissolve yeast and sugar or molasses in lukewarm water. Add lard or butter, then the flour gradually, enough to make a dough that can be handled, and the salt. Knead thoroughly. Be sure to keep dough stiff. Cover and set in warm place to rise about 1 hour or until light, then knead and make into loaves, let rise again. Bake 1 hour in slower oven than for white bread. Makes 2 loaves.

One or 2 cups chopped dates or nuts may be added at last kneading.

PARKERHOUSE ROLLS

2 cups scalded milk
4 tablespoons shortening
2 tablespoons sugar
1¼ teaspoons salt
1 yeast cake
¼ cup lukewarm water
6 cups flour (about)

Blend yeast and sugar with lukewarm water, beat in half the flour, cover. Let rise in warm place for an hour or until light and bubbly. Work in shortening and remainder of flour, making a soft dough. Roll to one-third inch in thickness, cut with biscuit cutter, crease each round across center with floured knife handle, brush with melted butter; fold one half over the other, press down well. Place in greased pan about one inch apart, cover, let rise in warm place for about one-half hour. Bake 12 to 15 minutes in hot oven (400 degrees F.) Makes 4 dozen rolls.

Griddle Cakes, Waffles

WAFFLES

2 or 3 eggs
1½ cups sweet milk or more
2 cups flour
1 tablespoon sugar
1½ teaspoons salt
4 teaspoons Watkins Baking Powder
4 teaspoons melted shortening

Beat eggs until very light and add milk. Sift and mix dry ingredients and add to eggs and milk. Add shortening and beat well for one-half minute. The batter should be thin enough to pour well, and should be smooth and full of bubbles. In place of the sweet milk and baking powder, sour milk may be used in the same proportion, using ½ teaspoon soda to a cup of milk. Cook in a hot waffle iron, well greased if of iron. Should be well browned and crisp. Aluminum waffle molds need no greasing. Serve with Watkins Homemade Maple Syrup or strained honey, or brown sugar syrup or brown sugar and cream. If eggs be separated, whites beaten stiff and folded in at the last, the waffles will be more spongy and crisp.

WATKINS CORN MEAL GRIDDLE CAKES

1⅓ cups corn meal
1½ teaspoons salt
1½ cups boiling water
¾ cup milk
1 or 2 eggs
1 or 2 tablespoon molasses or sugar
⅔ cup flour
4 teaspoons Watkins Baking Powder
1 tablespoon shortening

Scald corn meal with boiling water let boil 2 minutes, add milk, melted shortening and molasses; add flour, salt and baking powder which have been sifted together. Mix well and bake on hot greased griddle until brown and serve immediately with butter and Watkins Homemade Maple Syrup (below). Eggs can be omitted.

WATKINS HOMEMADE MAPLE SYRUP

Pour 3½ cups granulated sugar into 2 cups boiling water. Add 1 teaspoonful Watkins Imitation Maple Flavor. Stir well and allow to stand 24 hours to blend before using. This makes 1 quart of delicious Maple Syrup. Adding 4 or 5 drops of vinegar improves the flavor, according to taste.

Biscuits, Muffins and Quick-breads

BAKING POWDER BISCUITS

2 cups flour
⅔ teaspoon salt
4 teaspoons Watkins Baking Powder
4 tablespoons shortening
¾ to ⅞ cup liquid (water or milk)

Sift the dry ingredients, cut in the shortening, then the liquid and knead slightly. Toss on a floured board, pat, roll lightly ¾ to 1 inch thick and cut. Place in an ungreased pan and bake in a hot oven (450 degrees) about 12 minutes.

MOLASSES GINGERBREAD

½ cup fat
½ cup sugar
1 cup light molasses
2 eggs
1 teaspoon Watkins Baking Powder
1 cup boiling water
1 teaspoon soda
3 cups flour
1 teaspoon Watkins Ginger
1 teaspoon Watkins Cinnamon

Cream sugar and butter, add molasses. Sift flour, baking powder, soda and spices. Beat eggs, add to fat mixture. Add flour and water alternately. Bake in buttered shallow pan in moderate oven (350 degrees to 375 degrees) for 25 to 30 minutes.

NUT BREAD

1 egg
1 cup sugar (scant)
1 cup milk
1 cup walnuts
3 cups flour
4 teaspoons Watkins Baking Powder
Salt ½ teaspoon

Let rise 20 minutes. Bake 40 minutes at 350 degrees F. Half as much nuts will do. If not to be very sweet, use only ½ cup sugar.

For brown nut bread use half Graham flour.

BRAN MUFFINS

1½ cups Graham flour
½ cup bran (all bran)
4 teaspoons Watkins Baking Powder
½ teaspoon salt
1 tablespoon molasses or 2 tablespoons sugar
2 tablespoons shortening
¾ cup milk or more
1 egg

Mix dry ingredients. Beat eggs, add to milk and melted fat (and molasses if used). Combine mixtures, beating vigorously and rapidly (not over ½ minute). Bake about 30 minutes at 400 degrees F. or 425 degrees F.

One-fourth to ½ cup chopped raisins or nuts (or both) is a good addition.

CORN BREAD (SOUTHERN STYLE)

At night, prepare 1 cup corn meal, 3 tablespoons of butter, 1 tablespoon sugar. Pour over this, 1 cup boiling water. In the morning add 3 eggs well beaten, 1 cup of sweet milk, 1 tablespoon Watkins Baking Powder mixed in 1 tablespoon flour, and ½ teaspoon salt. Put all together in shallow layer (¼ inch) in heavy pan and bake in quick oven 15 minutes, or longer according to desired crustiness.

PLAIN OR COCONUT MUFFINS

2 cups flour
3 teaspoons Watkins Baking Powder
½ cup shredded Watkins Coconut
½ teaspoon salt
1 egg
1 cup milk
1 tablespoon sugar

Sift together flour, baking powder, sugar and salt; mix well-beaten egg, milk and coconut. Mix all together well, stirring vigorously for not more than ½ minute. Half fill greased muffin tins and bake in moderate oven at 400 degrees F. 18 to 20 minutes or longer if necessary. One tablespoon shortening may be used; melt and add to liquid. For plain muffins omit coconut.

POPOVERS

1 cup flour
¼ teaspoon salt
1 tablespoon shortening
1 cup milk
2 eggs

Sift together flour and salt. Make a well in flour, break eggs into well, add melted shortening and milk and stir until smooth. Pour into greased gem pans and put into moderate oven at 350 degrees F. for 20 minutes; increase heat to 450 degrees F. for 10 minutes, reduce heat and allow to dry out for about 10 minutes.

Makes 10 popovers.

Cakes

SPICE CAKE

1 cup sugar
¼ cup shortening
2 eggs
½ cup milk or cream
1¼ cups flour
2 teaspoons Watkins Baking Powder
½ teaspoon Watkins Cinnamon
½ teaspoon Mace
¼ teaspoon Watkins Cloves
⅛ teaspoon Watkins Ginger

Cream shortening and sugar, beat in eggs, one at a time. Sift dry ingredients together, add to other mixture a little at a time, alternately with liquid, beating well. Bake in loaf in moderately cool oven (350 degrees F.) for ¾ hour or until done; or bake in layers in moderately warm oven (375 degrees F.) for 20 or 30 minutes. Use any white icing.

One-half cup chopped nuts, dates or raisins may be added.

SUNGOLD COCONUT CAKE

2 cups sugar
1 cup butter
4 eggs
1 cup milk
3 cups flour
3 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla
Pinch of salt

Beat the butter add sugar gradually, beating thoroughly to make a fluffy creamy mass. Stir in the well-beaten egg yolks and beat until very light. Sift dry ingredients together 3 times and add alternately with milk to first mixture. Add vanilla and carefully fold in the whites of eggs which have been beaten to a stiff froth. Bake in layers in a moderate oven, 350 degrees F. Put together with Coconut Cream Icing.

COCONUT CREAM ICING

1 can of Watkins Shredded Coconut
2 cups confectioners' sugar sifted
4 tablespoons heavy cream
½ teaspoon Watkins Vanilla

Put the sugar in a bowl, add the cream a little at a time and beat steadily. Add vanilla. When the icing is the right consistency, spread over the top of the layers and sprinkle heavily with coconut. Put together and ice sides, covering with coconut.

WHITE COCONUT CAKE

Two cups sugar, 1 cup butter, 4 full cups pastry flour, 2 teaspoons Watkins Baking Powder, whites of 6 eggs whisked stiff; 1¼ cups of milk, Watkins Shredded Coconut (1 cup), ½ teaspoon Watkins Nutmeg, the juice and half the grated peel of 1 lemon. Cream butter and sugar; stir in lemon and nutmeg; mix well; add the milk and whites and flour sifted with baking powder alternately. Lastly, stir in the coconut swiftly and lightly. Bake in 4 jelly-cake pans. Use vanilla frosting, but add ½ teaspoon Watkins Almond Extract.

INDIVIDUAL STRAWBERRY SHORTCAKE

2 cups flour
3 teaspoons Watkins Baking Powder
1 tablespoon sugar
½ teaspoon salt
4 tablespoons shortening
1 egg
⅔ cup water or milk
1 quart strawberries, sugared to taste
Whipped cream

Sift together flour, baking powder, sugar and salt; add shortening and mix thoroughly with steel fork; add water to beaten egg and add slowly to make a soft dough. Roll or pat out with hands on floured board to about ½ inch thick. Cut with very large biscuit cutter, dipped in flour Or half fill large greased muffin rings which have been placed on baking pan. Bake in hot oven 10 to 12 minutes. Split while hot; butter and fill with crushed and sweetened strawberries. Put on the tops and cover with strawberries and sweetened whipped cream. Garnish with whole berries. Makes 6 shortcakes.

RICH CHOCOLATE CAKES

½ cup butter
1 cup sugar
2 eggs
1 cup milk
2 cups flour
2 teaspoons Watkins Baking Powder
¼ teaspoon salt
¼ teaspoon soda
1 teaspoon Watkins Vanilla
5 heaping tablespoons Watkins Cocoa (about ¾ cup lightly filled)

Cream butter thoroughly; add sugar a little at a time; separate yolks and whites of eggs. Beat yolks until creamy. Add yolks to creamed butter and sugar; mix thoroughly. Add milk alternately with flour which has been sifted with the baking powder, salt and soda. Then add vanilla and cocoa. Fold in stiffly-beaten egg whites. Put into greased shallow tins and bake in a moderate oven at 375 degrees F. about 25 minutes. Cover with soft cocoa icing. See page 34.

LEMON JELLY ROLL

4 eggs beaten separately
1 cup sugar
½ teaspoon Watkins Lemon Extract
1 cup cake flour
½ teaspoon Watkins Baking Powder
2 tablespoons boiling water

Put egg yolks into bowl and beat until a very light color. Add sugar and beat thoroughly. Add flavoring and stiffly-beaten whites of eggs. Fold in flour (sifted once with baking powder). Add boiling water the last thing. Bake in a large greased dripping pan in ¼ inch layer or less, about 8 minutes in a moderate oven 350 to 375 degrees. Turn out into wet cloth, or board dusted with powdered sugar, trim dry edges, spread with lemon filling and roll.

Lemon Jelly Filling: Two-thirds cup granulated sugar, 2 teaspoons flour or cornstarch, 1 teaspoon butter, 1 egg, grated rind and juice of 1 lemon, at least 2 tablespoons. Mix and cook till thick over hot water, stirring constantly. Jelly may be used instead of lemon filling.

Orange Roll as above, using orange juice and extract instead of, or with the lemon.

Frostings and Fillings for Cakes

FRUIT AND NUT FILLING

1 cup chopped raisins
½ cup chopped nuts
1 egg white
Currant jelly
½ cup Watkins Shredded Coconut

Mix the raisins, nuts and coconut and add them to the stiffly-beaten egg white. Spread the layers of cake with currant jelly, then thickly with the filling and put together. Cover the top of the cake with a frosting, and place halves of English walnuts at intervals over the top.

SEA FOAM ICING

1 cup brown sugar
⅓ cup water
White of 1 egg
1 teaspoon Watkins Baking Powder

Boil sugar and water without stirring until syrup spins a thread (240 degrees F.) Add hot syrup slowly to beaten egg white, beating continuously, preferably on platter with wire whip. Add baking powder. When icing foams, put between layers on top of cake. White sugar may be used instead of brown.

BUTTER FROSTING

⅓ cup butter
1 cup powdered sugar
2 tablespoons cream
1 teaspoon Watkins Vanilla or other flavoring

Cream butter thoroly, gradually add sifted sugar and beat until smooth. Add flavoring and cream gradually until of right consistency to spread. Do not spread on a hot cake. Orange juice may be used instead of cream, orange flavor instead of vanilla.

SOFT COCOA ICING

3 level tablespoons Watkins Cocoa
1 cup sugar (confectioners')
½ teaspoon Watkins Vanilla
3 tablespoons hot water or coffee

Add hot liquid to cocoa, stir until smooth, add vanilla and enough sugar to spread.

Cookies

GINGERSNAPS (DROPPED)

1¼ cups flour
1 teaspoon soda
1 teaspoon Watkins Ginger
1 cup molasses
½ cup fat
⅔ cup brown sugar

Sift flour, soda and ginger together. Heat molasses, fat and sugar to boiling, add flour, beat well. Drop from spoon. Bake about 8 minutes in moderate oven (350 degrees). Makes 4 dozen snaps. One-half teaspoon Watkins Cinnamon may be substituted for half the ginger.

COCONUT JUMBLES

1 can Watkins Coconut
⅓ cup butter
¾ cup sugar
2 eggs
2 teaspoons Watkins Baking Powder
1 teaspoon Watkins Vanilla
⅓ cup good milk or thin cream
2 cups sifted flour

Cream together the butter and the sugar, add the well-beaten eggs, chopped coconut, milk and flavoring; then gradually stir in the flour to which the baking powder has been added and a pinch of salt. Pat and roll out thin, adding more flour if necessary. Cut into fancy shapes with a jumble cutter. Brush the tops of the cakes with a little milk or egg; sprinkle chopped coconut on some and decorate others with candied fruit and nuts. Bake in a moderate oven 350 degrees F. until a delicate brown.

ICE BOX COOKIES

2 cups brown sugar
2 cups white sugar
1½ cups lard
½ cup butter
4 eggs
1 teaspoon soda
7 cups flour
1 teaspoon Watkins Almond Extract

Mix lard and butter with sugar, creaming thoroughly, then beat eggs, whites and yolks separately. Add yolks, then sifted dry ingredients and flavoring to fat-sugar mixture. Add whites last. Form into loaf and place in ice box over night. In morning slice as cookies and bake. May be dredged with sugar and cinnamon or covered with white of egg beaten with sugar, just before baking. Spice cookies may be made by adding ¾ to 1 teaspoon mixed spices (½ teaspoon Watkins Cinnamon, ¼ teaspoon Watkins Nutmeg or Watkins Allspice or Watkins Cloves) to each cup of flour; ¼ cup nuts may also be added or 1 ounce chocolate or 4 tablespoons Watkins Cocoa per cup flour.

Pie and Pastry

PIE CRUST

1½ cups flour
½ teaspoon Watkins Baking Powder
½ teaspoon salt
½ cup lard (cold)
¼ cup water (cold in hot weather)

Sift dry ingredients together and cut in lard until like meal, then cut in water, press into ball and roll about ¼ inch thick. Handle as little as possible. Makes 2 crusts. Baking powder may be omitted.

WATKINS COCOA PIE

Line deep pie pan with pie crust. Bake quickly 10 to 15 minutes in hot oven. Cook together ¾ cup each of Watkins Cocoa and flour, 1 cup sugar (or more if liked), ½ teaspoon salt, 2 cups milk or water, until thick; then beat in 2 egg yolks and 3 tablespoons butter, 1 teaspoon Watkins Vanilla. Pour into pie shell and let cool. Beat the egg whites with 3 level tablespoons sugar for meringue, brown under flame or in slow oven. Or serve with whipped cream; in that case use whole of egg.

WATKINS CHOCOLATE PIE

2½ cups milk
4 tablespoons coffee beverage
¾ cup Watkins Chocolate Dessert (loosely packed)
1 cup cold water or milk
1 cup sugar
3 tablespoons butter
whipped cream

Moisten dessert with cold water or milk, stirring out all lumps. Cook sugar and 2½ cups milk together until dissolved; add moist chocolate dessert, cook 2 or 3 minutes until raw, starchy taste disappears. If too thick after this cooking, add a tablespoon or two of milk or cream while still hot; beat in butter and add coffee. (Caution! Add part at a time and to suit taste, since amount depends upon strength of coffee infusion). Add more sugar if liked. Pour into baked pastry shell while still warm. Cover with meringue (2 egg whites beaten stiff, 3 tablespoons sugar beaten in, Watkins Vanilla to taste) and bake 15 or 20 minutes in 325 degrees F. oven; or brown under gas flame if preferred. Or let pie cool, then spread with whipped cream.

COCONUT CREAM PIE

2 tablespoons cornstarch
2 cups milk
6 tablespoons sugar
¼ teaspoon salt
1 cup Watkins Coconut
3 eggs
1 teaspoon Watkins Vanilla
Pastry

Mix cornstarch with a little cold water. Add rest of water, milk, sugar and salt. Cook until thickened, stirring constantly. Add coconut, eggs slightly beaten and vanilla. Pour into plate lined with pastry and bake in a moderately hot oven until firm. Time in oven 30 minutes. Temperature 400 degrees, 5 minutes, 350 degrees, 25 minutes. Serves 6. If preferred, use whites for meringue with 3 tablespoons sugar, browning meringue under flame; or spread top with whipped cream.

WATKINS MAPLE-FLAVORED COCONUT CREAM PIE

¾ cup milk or cream
6 level tablespoons sugar
3 level tablespoons Watkins Coconut Dessert
4 tablespoons cold milk or cream
1 cup Watkins Imitation Maple Syrup

Moisten Coconut Dessert with cold liquid, stirring all lumps out. Add ¾ cup milk or cream, stir till it has boiled 2 or 3 minutes, or until raw starch taste has disappeared, adding another tablespoon or two of milk during cooking if necessary. Add sugar, beat well till dissolved. Stir in the maple syrup. When somewhat cooled, pour into pastry shell which has been baked on inverted pie plate. Cover with meringue (See Watkins Chocolate Pie) or with whipped cream.

To make Watkins Homemade Maple Syrup, see page 28.

WATKINS ORANGE FLUFF TARTS

¼ cup orange juice
Grated or chopped yellow rind of 1 orange
1 cup sugar
3 tablespoons cold water
3 tablespoons Watkins Lemon Dessert
2 tablespoons butter
2 eggs, separated

Cook orange juice and chopped rind together for a moment. (Or if grated, add rind at end of cooking process). Moisten Watkins Lemon Dessert with 3 tablespoons cold water or milk, beating out all lumps. Then add moist dessert to warm orange syrup, stir well, cook for a few moments until taste of raw starch is gone. Then add sugar, beating until dissolved. Beat egg yolks till lemon-colored, add hot (but not boiling) starchy mixture to them gradually (to prevent cooking yolks too much), beating well. Pour into double boiler and cook 5 minutes over hot water; take out of hot water, cool slightly. Beat whites stiff and dry, fold into starchy mixture carefully so as to retain fluffiness. Let cool until it almost begins to set, then pour into pastry tart shells which have been baked over inverted cups or muffin pans. Serve cold with meringue (See Watkins Chocolate Pie) or whipped cream. Should be jelly-like and quivery, not solid.

BUTTERSCOTCH PIE

3 egg yolks
1 cup brown sugar
6 tablespoons flour
2 cups milk
¼ teaspoon salt
3 tablespoons butter
1 teaspoon Watkins Vanilla
2 tablespoons caramel syrup

Beat egg yolks with sugar; mix flour with a little water to make a smooth paste; add to first mixture then add milk, salt and caramel syrup. Cook in double boiler until thick. Remove from fire; add butter and vanilla. Cool; add beaten whites of eggs or reserve for a meringue. Pour into a baked crust. If meringue is used add 4 tablespoons sugar to whites, spread on top and return to slow oven to brown. Otherwise, spread top with sweetened (and flavored with Watkins Vanilla) whipped cream. To make caramel syrup heat ½ cup sugar in smooth dry skillet until golden brown, add ⅓ cup boiling water, cook to thick smooth syrup.

Puddings

CHRISTMAS PLUM PUDDING

1 quart flour
½ pound suet chopped
1 pound raisins
1 pound currants
1 cup granulated sugar
1 teaspoon salt
1 teaspoon Watkins Cinnamon
1 teaspoon Watkins Allspice
½ teaspoon Watkins Cloves
½ teaspoon Watkins Nutmeg

Cream suet with fingers. Sift dry ingredients together, rub or chop suet into these. Stir in liquid and fruit. Turn into buttered pan or mold or into several smaller cans, pans or molds. Steam for 2 to 5 hours according to size of mold. Serve with spicy vanilla sauce or with brown sugar syrup.

SPICY VANILLA SAUCE

1 cup sugar
¼ teaspoon Watkins Nutmeg or Cinnamon
⅛ teaspoon Watkins Cloves or Allspice
2 tablespoons flour
1 cup water
2 tablespoons butter or more
1 teaspoon Watkins Vanilla

Mix dry ingredients, cook in water till clear and slightly thickened, add butter and vanilla. Spices may be omitted.

HARD SAUCE

Hard Sauce. (See Butter Frosting page 33.)

BROWN SUGAR SYRUP

1 cup brown sugar
2 tablespoons flour
⅛ teaspoon salt
1 cup boiling water
2 tablespoons butter
¼ teaspoon Watkins Vanilla
Speck Watkins Cinnamon (if liked)

Combine dry ingredients, stir in a little of the hot water to make a paste, pour in the rest, cook smooth and clear, flavor with butter and vanilla. About 10 servings.

CHOCOLATE BREAD PUDDING

2 cups stale bread crumbs
4 cups milk
2 eggs
½ teaspoon salt
½ teaspoon Watkins Nutmeg
2 ounces grated bitter chocolate
⅔ cup sugar

Put bread, milk, nutmeg and chocolate in a bowl, and soak for 2 or 3 hours. Beat together eggs, sugar and salt. Mash soaked bread with a spoon, and add egg mixture to bread and milk. Pour into a pudding dish, and bake in a slow oven for about 40 minutes. Serve with a cream sauce.

Cream Sauce: One-half pint cream, ⅓ cup of milk, ⅓ cup sugar, 1 egg, ½ teaspoon Watkins Vanilla. Beat egg white until stiff and add milk, beaten yolk, sugar, and vanilla, and lastly add cream.

SNOWBALLS

½ cup butter
1 cup sugar
2 level teaspoons Watkins Baking Powder
2¼ cups flour
½ cup milk
4 egg whites

Cream butter and sugar, add milk, and flour and baking powder sifted together. Then egg whites, beaten until stiff. Steam in buttered cups 35 minutes. Serve with fruit preserves or hard sauce.

STUFFED BAKED APPLE

Wash and core firm, perfect apples; they should be acid, not mealy. Stuff cavities where core comes out with sugar (white or brown or maple) mixed with raisins, dates, figs, nuts, canned peaches or pineapple, diced marshmallows, or any preferred combination of these. Bake on buttered pan till tender.

BAKED CARAMEL CUSTARD

1 pint milk or cream
2 or 3 eggs
¼ teaspoon salt
½ teaspoon Watkins Vanilla
$\frac{1}{16}$ teaspoon Watkins Nutmeg or Cinnamon if liked
¼ cup sugar

Put sugar in smooth heavy skillet over gentle fire; stir constantly till melted to light brown syrup. Take from flame and add 1 cupful hot milk at once, being careful that milk does not boil over. Cook till sugar is all dissolved. Add remainder of milk, add to eggs slightly beaten, add salt and flavoring. Bake in heavy casserole or shallow cups till set around edge and almost set in center; it will finish cooking in center as it cools. Silver knife should come out clean from custard that is set.

Brown sugar may be used instead of white and need not be caramelized.

This custard may be cooked in double boiler over hot water, stirring constantly. Start with hot milk, to shorten cooking period. Custard is done when it begins to form an opaque coating on edge of spoon.

COCONUT BAVARIAN CREAM

1 package lemon gelatine
1 pint boiling water
1 cup cream whipped
1½ cups Watkins Coconut

Dissolve gelatine in boiling water. When cool and slightly thickened whip with rotary egg beater until of consistency of whipped cream. Fold in cream and coconut. Pour into mold; chill until firm. Unmold.

CHOCOLATE SAUCE FOR COCONUT BAVARIAN CREAM

4 tablespoons sugar or more
1 tablespoon flour
Dash of salt
Watkins Cocoa, 4 tablespoons
2 tablespoons butter
1 teaspoon Watkins Vanilla
1 cup boiling water

Mix sugar, flour, cocoa, and salt in upper part of double boiler. Add boiling water gradually, stirring constantly. Cook 3 to 4 minutes or until slightly thickened. Add butter; stir until mixture is blended. Cool and add vanilla. Add more sugar if liked.

WATKINS VANILLA ICE CREAM

1 quart sweet cream
1½ cups sweet milk
⅛ teaspoon salt
4 eggs; beaten (whites and yolks separately)
1 tablespoon Watkins Vanilla
1¼ cups sugar

Stir together eggs, milk and sugar, cook to thin custard over hot water, cool, add cream and flavor, and freeze.

APPLE DUMPLINGS

1½ cups flour
2 level teaspoons Watkins Baking Powder
3 tablespoons butter
½ cup milk
6 apples
½ teaspoon salt

Sift together thoroughly flour and baking powder and salt. Work in butter with tips of fingers and add milk. Place on a floured board, pat and roll out to a little less than ½ inch in thickness. Peel apples, cut in halves. Cut dough into rounds large enough to enclose the apple halves. Sprinkle sugar and cinnamon on apples, folding dough over them. Place in buttered steamer and cook over boiling water for 20 minutes or bake in buttered pan 30 minutes or till brown.

DATE PUDDING

1 cup molasses
1 cup milk
⅓ cup butter
3 cups flour
4 level teaspoons Watkins Baking Powder
½ teaspoon salt
½ teaspoon Watkins Cloves
½ teaspoon Watkins Allspice
½ teaspoon Watkins Nutmeg
¾ pound of dates or 2½ cups cut in pieces

Melt butter and add to the molasses and milk. Sift together flour, Watkins Baking Powder, salt and spices, and add with dates. Put into a buttered mold and steam 2½ hours. Serve with brown sugar syrup or hard sauce. See page 37.

Beverages

MOCHA NECTAR

1 cup strong coffee (Watkins)
3 cups Watkins Cocoa prepared with milk (part cream)

Serve with chipped ice and extra sugar if needed. 1 or 2 teaspoons vanilla may be added. Whipped cream is a nice addition. This is a good hot-weather dessert.

RASPBERRY SUMMER DRINK

1 or 2 teaspoons Watkins Raspberry Drink Flavor to each glass
1 or 2 teaspoons sugar to each glass

Mix thoroughly and serve in chilled glasses, with chipped ice.

ORANGE FLAVORED BEVERAGE

Use 2 teaspoons Watkins Imitation Orange and 2 or 3 teaspoons sugar for a glass of ice water, or use sugar to taste. Serve with chipped ice.

Both orange and raspberry flavors may be used, separately or together, with the genuine fruit juices, when making fruit punches and sherbets. It must be remembered, however, that they have little food value apart from the added sugar. They belong in the class of drinks such as tea and carbonated waters.

ICED TEA

Pour 1 cupful of freshly boiled water over ¼ cup of black tea in a warmed earthen or enamelware pot. Cover and let steep in a warm (not hot) place for about 4 minutes. Then pour at once into glasses almost full of chipped ice, using enough of the hot tea to get the desired shade of color and strength. Sweeten (if desired) with powdered sugar or granulated (never lumps). Or better, use a sugar syrup made by boiling 1 cup of sugar and ⅓ cup of water until it thickens fairly well when cold. This use of sugar which is already dissolved will prevent the usual waste of undissolved sugar remaining in the bottom of the iced tea glass.

If lemon or orange is liked with iced tea, cook the chopped peel of 1 lemon or 1 orange with the sugar and water, then strain when done. This syrup has a delicious, unusual flavor, and may be used for many purposes.

If mint is preferred, crush 2 tablespoons of fresh green mint leaves and pour the hot syrup over these, straining after it has cooled.

One-eighth cup of maraschino cherries may be added to 1 quart tea.

ICED COFFEE

Save any left-over breakfast coffee, or make fresh by any preferred method, using plenty of Watkins Coffee, for it should be fairly strong. Set in ice box to chill. Serve with chipped ice and plenty of cream, twice as much cream as you use with hot coffee. A garnish of whipped cream on top of the glass is most attractive. Offer powdered sugar, granulated, or a plain sugar syrup (See Iced Tea).

WATKINS HOT COCOA

Take 1 teaspoon each of Watkins Cocoa and sugar for every cup. Mix thoroughly, add boiling water to make a paste. Add required amount of hot milk, or milk and water mixed, to produce desired richness. Let come to a boil. Sweeten and serve. Add a marshmallow to each cup, if liked, or top with whipped cream.

ICED COCOA FOR THIRTY

3 cups boiling water
6 quarts milk
1 pint whipping cream (or more)
1½ cups Watkins Cocoa
2½ cups sugar
1 tablespoon Watkins Vanilla

Stir water, cocoa and sugar until well dissolved. Place in double boiler and cook 30 minutes, then bring to brisk boil over flame and add scalded milk, stirring well. Cool and add 1 tablespoon Watkins Vanilla Flavor. Chill, add more sugar if liked. Serve in chilled glasses. Place 1 or 2 spoonfuls cracked ice in each glass. Add cocoa and top with whipped cream. Serve at once so that ice only partly melts.

Candies

CHOCOLATE FUDGE

3 cups sugar
1 cup milk
3 squares of chocolate
2 tablespoons butter
1½ teaspoons Watkins Vanilla
½ cup nuts

Boil sugar, milk and chocolate until mixture forms soft ball when dropped in cold water, or 236 degrees by candy thermometer. (Do not stir after sugar has dissolved, except occasionally to prevent burning.) When soft ball stage has been reached, set pan aside to cool until only lukewarm on bottom, or 110 degrees F. by thermometer; add butter but do not stir or jar until cooled (this may take half an hour). When only lukewarm, add vanilla and begin beating, which should take several minutes. Be sure to beat until no longer sticky or shiny. When it shows signs of setting, add nuts and pour or pat into buttered pan and cut into squares; or drop by spoonfuls on to oiled paper. Wrap well in oiled paper or enclose in tightly covered tin box. Good fudge is rarely made; it should be smooth, creamy, no sugar nor chocolate grain, no hard edges. If a very dark fudge of strong chocolate flavor is liked, use 4 squares or ounces of chocolate; if very light, use only two. One-fourth cup peanut butter may be substituted for butter, but do not add till candy is cooked, cooled and ready to stir. Half a cup of raisins, dates, figs, or Watkins Coconut may be substituted for nuts. One cup of marshmallows cut with shears may be stirred in, at end of beating process.

PANOCHA

3 cups brown sugar
1 cup milk
1 teaspoon Watkins Vanilla
1 cup chopped walnuts
2 tablespoons of butter

Boil sugar, milk, until it forms a soft ball when a few drops of the boiling syrup falls from the spoon into a bowl of cold water (236 degrees F.) Stir constantly while cooking, as milk burns very easily. Remove from fire, add butter, set aside without stirring, to cool. When lukewarm (110 degrees F.) add vanilla, beat until it thickens, stir in nuts, pour or shape in buttered pans, when cold cut in squares or slice. If very soft, drop by spoonfuls onto oiled paper.

Fruit (raisins, dates, figs), marshmallows or candied orange peel (shredded) may be substituted for nuts. One-fourth cup finely cut candied ginger makes a distinctive product. Red candied cherries and green pistachio nuts are pretty for Christmas. Strong coffee, strained through cheesecloth, may be used instead of milk as the liquid. White sugar may be used instead of part of the brown, ⅔ cup thin cream instead of 1 cup of milk. Black walnuts are good with this combination.

BUTTERSCOTCH

2 cups brown sugar
½ cup butter
2 tablespoons water
2 tablespoons vinegar
4 tablespoons molasses

Boil until it hardens when poured in cold water. Pour on buttered pans to cool. When slightly cool, mark off into squares, cutting deeply.

MAPLE OR VANILLA DIVINITY

2⅔ cups granulated sugar
⅔ cup corn syrup (brown)
⅔ cup water
2 egg whites
1 cup nuts
½ teaspoon Watkins Vanilla
¼ teaspoon salt

Cook sugar, syrup, water and salt in saucepan; do not stir after sugar is dissolved. Cook until boiling syrup, when dropped from spoon into a bowl of cold water, forms a very hard, almost brittle ball (265 degrees F. by candy thermometer). Remove from fire, pour in thin stream over stiffly-beaten whites, beating constantly. Beat until it holds its shape when dropped from spoon. Add vanilla and nuts, stir well. Pour into pan and mark into squares, or drop by spoonfuls on oiled paper. One-half cup Watkins Imitation Maple Syrup and ¼ cup water may be substituted for ⅔ cup each of corn syrup and water. Half the sugar may be brown sugar. In that case use only ⅓ cup corn syrup instead of ⅔ cup. One-third cup Watkins Cocoa may be added to candy during the beating. Watkins Coconut (½ cup) may be substituted for part of the nuts.

PEANUT BRITTLE

2 cups sugar
2 or 3 tablespoons butter
light corn syrup, ½ cup
2 cups peanuts
⅛ teaspoon soda
⅛ teaspoon salt
½ cup water

Put sugar, corn syrup and water into saucepan, cook, stirring only until sugar is dissolved. Continue cooking until sugar begins to turn to a light brown (300 degrees F. by candy thermometer). Remove from fire, add salt, soda, butter and stir as little as possible, only to mix well. (Much stirring will cause brittle to sugar). Pour over warm nuts on greased slab or sheet or bottom of inverted pan. Do not scrape saucepan, this may cause sugaring. Pour into very thin sheets, smooth out with spatula or knife blade. After about half a minute take hold of edges of sheet and pull the brittle as thin as possible, breaking into irregular pieces. Other nuts may be substituted for peanuts; they should be cut coarsely.

COCONUT BRITTLE

Part brown sugar or part (or all) maple sugar may be used; this gives a somewhat different flavor. Popped corn, either coarsely chopped, or unchopped, may be substituted for nuts. Watkins Coconut (browned in a slow oven) may be used in the same way, to make coconut brittle.

MOLASSES MINT TAFFY

2 cups molasses, light
2 teaspoons vinegar
2 tablespoons butter
½ teaspoon soda
6 drops oil of peppermint
⅛ teaspoon salt

Cook molasses and vinegar together in large saucepan (boils over easily!) until the boiling syrup hardens when poured into cold water, into a mass which is almost brittle (270 degrees F.) Add butter, salt, soda, stir until foaming ceases, pour into greased pan. As soon as it can be pulled, add flavoring, pull as long as possible and cut with scissors. Oil of peppermint is bought at a drug store. It may be omitted if desired. Or 1 teaspoon Watkins Vanilla may be substituted.

THE SCHOOL LUNCH BOX

More than half our children, rich and poor alike, are mal-nourished to some degree, so the experts tell us. This is not always because they do not eat enough, but it is always because they do not eat enough of the right things. The mother who sees to the packing of the school lunch box or basket, realizes her responsibility, and tries to make sure that the luncheon contains not only bread and meat and cake, but also a liberal supply of fruit, vegetables and milk in one form or another. She fits her neat box or basket with some kind of jar or glass and screw top or tight cover, or at least with parchment paper cups, so that moist foods can be carried. She tries to arrange the more substantial parts of the lunch near the top and the sweets nearer the bottom—no danger that they won't be eaten. She remembers the extra apple or Graham crackers or cookies for recess. Perhaps she saves her pin money to buy a good thermos bottle, so that milk (or cocoa made with milk) can be really hot or really cold at the luncheon hour. She uses plenty of oiled paper so that each food may be kept fresh in its own separate wrapping, for who wants sponge cake or cup custard that smells of tuna fish sandwiches or the onion in the potato salad? She knows how good sandwiches are made—evenly cut slices not too thick or too thin, butter creamed so that it goes on evenly, and spread on both slices so they will not soak up the filling.

Luncheons usually have to use the left-overs of other meals, but special pains should be taken to make them particularly attractive. Cold potato, baked beans, chicken, fish or meat scraps can have a little celery, green pepper, pimento, cucumber, shredded lettuce, hard-boiled egg, or a very little minced onion, olives, pickles or nuts added to them, with a little good salad dressing, and a tasty salad should result, which may be a truly artistic creation.

TWELVE HEARTY BASKET LUNCHEON MENUS

(Always accompanied by milk if possible)

1. Salmon and celery sandwiches in Graham bread, strawberry jam sandwiches in white nut bread, asparagus timbales, lemon jelly roll.

2. Sliced corn beef sandwiches, cucumber and onion sandwiches in rye bread, crusty brown hashed milk potatoes (good cold), caramel custard.

3. Scrambled eggs and dried beef sandwiches (Graham), cottage cheese and nut sandwiches (white bread), corn custard, gingersnaps, vanilla divinity.

4. Sliced ham sandwiches, Graham sandwiches with fresh tomato slices (wrapped separately and to be laid over sandwich), potato salad, spice cake with nuts, oranges.

5. Crusty rolls stuffed with veal or chicken salad, cranberry jelly sandwiches, prunes stuffed with cream cheese, coconut jumbles, sweet chocolate.

6. Lettuce in date-bread sandwiches, toasted baking powder biscuit with cheese, potato chips, strawberry short cake.

7. Bacon sandwiches in nut bread, buttered slices of whole-wheat bread, baked eggs, coconut Bavarian cream.

8. Hamburg loaf slices in Graham bread, apple dumplings, spinach timbales, bananas, peanut brittle.

9. Devilled beef sandwiches (tomato catsup with a speck of Watkins Prepared Mustard on sliced or chopped beef), nut bread with lemon filling (see jelly roll), cold macaroni loaf, soft custard over sliced peaches.

10. Sliced cold pork sandwich, cream cheese and date sandwiches, radishes, fruit salad dressing over apple, banana and orange, sungold coconut cake.

11. Sliced cold chicken croquette sandwiches in brown nut bread, rhubarb conserve sandwiches, stuffed celery, jelly roll.

12. Corn bread with orange marmalade, fish timbales, rice salad, gingerbread and apple sauce.

INDEX

BEVERAGES—

Page

Iced Cocoa for Thirty....41
Iced Coffee....41
Iced Tea....41
Mocha Nectar....40
Orange Flavored Beverage....40
Raspberry Summer Drink....40
Watkins Hot Cocoa....41

BISCUITS, MUFFINS, QUICK BREADS—

Baking Powder Biscuits....29
Bran Muffins....30
Corn Bread (Southern Style)....30
Molasses Gingerbread....29
Nut Bread....29
Plain or Coconut Muffins....30
Popovers....30

BREAD AND ROLLS—

Date Bread (See Graham Bread)....27
Graham or Whole-Wheat Bread....27
Nut Bread (See Graham Bread)....27
Parkerhouse Rolls....28
White Bread....27

CAKES—

Date Cake (See Spice Cake)....31
Lemon Jelly Roll....33
Nut Cake (See Spice Cake)....31
Orange Roll....33
Raisin Cake (See Spice Cake)....31
Rich Chocolate Cakes....32
Spice Cake....31
Strawberry Shortcake (Individual)....32
Sungold Coconut Cake....31
White Coconut Cake....31

CANDIES—

Butterscotch....42
Brown Sugar Fudge (See Panocha)....42
Chocolate Fudge....42
Chocolate Coconut Fudge (See Chocolate Fudge)....42
Chocolate Divinity (See Vanilla Divinity) 43
Chocolate Fruit Fudge (See Chocolate Fudge)....42
Chocolate Marshmallow Fudge (See Chocolate Fudge)....42
Chocolate Peanut Fudge (See Chocolate Fudge)....42
Coconut Brittle....43
Coconut Divinity (See Vanilla Divinity)....43
Maple or Vanilla Divinity....43
Molasses Mint Taffy....43
Panocha....42
Peanut Brittle....43
Popcorn Brittle....43

CHEESE AND EGG DISHES—

Baked Eggs and Cheese....16
Buttered Spaghetti with Cheese....16
Cottage Cheese and Nut Loaf....16
French Omelet with Bacon....16
Macaroni Loaf....17
Scrambled Eggs with Dried Beef....17

CONSERVES, JAMS, JELLIES—

Page

Cranberry Jell....22
Grape Marmalade....23
Preserved Cherries....23
Rhubarb Conserve 23
Rhubarb and Fig Jam....23
Tomato Conserve....22
Watkins Fruit Pectin Cider Jelly....22
Watkins Fruit Pectin Pineapple Jelly....22
Watkins Fruit Pectin Venison Jelly....23

COOKIES—

Chocolate Cookies (See Ice Box Cookies)....34
Coconut Jumbles....34
Gingersnaps (Dropped)....34
Ice Box Cookies....34
Nut Cookies (See Ice Box Cookies)....34
Spice Cookies (See Ice Box Cookies)....34

DEEP FAT FRYING—

Apple Fritters (See Banana Fritters)....26
Banana Fritters....26
Corn Fritters....26
Fritter Batter....26
Orange Fritters (See Banana Fritters)....26
Peach Fritters (See Banana Fritters)....26
Prune Fritters....26
Sour Cream Doughnuts....26

FISH—

Baked Fish.... 7
Creamed Tuna Fish on Toast.... 5
Fish Chowder.... 6
Fish Timbales.... 6
Fried Fish 5
Pigs in Blanket.... 6
Salmon Croquettes.... 5
Scalloped Oysters, Devilled.... 7
Stuffing for Baked Fish.... 7

FROSTINGS AND FILLINGS FOR CAKES—

Boiled Frosting (See Sea Foam Icing)....33
Butter Frosting....33
Coconut Cream Icing....31
Fruit and Nut Filling....33
Sea Foam Icing....33
Soft Cocoa Icing....34

GOOD COMBINATIONS.... 3

GRIDDLE CAKES, WAFFLES—

Waffles....28
Watkins Corn Meal Griddle Cakes....28
Watkins Homemade Maple Syrup....28

KITCHEN WEIGHTS AND MEASURES 2

MEATS—

Baked Ham....15
Baked Veal with Horse-Radish Sauce....12
Beefsteak Pie....14
Broiled Steak and Mushrooms....14
Browned Ham Hash....12
Canned Mushroom Sauce....14

INDEX

Page

Chicken Croquettes....13
Chili Con Carne....15
Corned Beef Hash (See Browned Ham Hash)....12
Fresh Mushroom Sauce....14
Hamburger Loaf....12
Jiggs Favorite....15
Pork Roast and Sweet Potatoes....15
Roast Beef Hash (See Browned Ham Hash)....12
Roast Chicken, Duck or Turkey....13
Swiss Steak in Casserole....14
Veal Croquettes (See Chicken Croquettes)....13

PICKLES AND RELISHES—

Cucumber Relish....21
Mock Mince Meat....21
Pickled Beets....21
Sweet Cucumber Pickles....21

PIE AND PASTRY—

Butterscotch Pie....36
Coconut Cream Pie....35
Pie Crust....35
Watkins Chocolate Pie....35
Watkins Cocoa Pie....35
Watkins Maple-Flav. Coconut Cream Pie....36
Watkins Orange Fluff Tarts....36

PUDDINGS—

Apple Dumplings....39
Baked Caramel Custard....38
Brown Sugar Syrup....37
Christmas Plum Pudding....37
Chocolate Sauce for Coconut Bavarian Cream....39
Chocolate Bread Pudding....38
Coconut Bavarian Cream....39
Date Pudding....39
Hard Sauce (See Butter Frosting)....33
Snowballs....38
Spicy Vanilla Sauce....37
Soft Custard (See Baked Caramel Custard) 38
Stuffed Baked Apple....38
Watkins Vanilla Ice Cream....39

SALADS—

Cabbage Salad....18
Cherry Salad, White (See Stuffed Date Salad) 18
Chicken Salad....19
Celery Stuffed (See Stuffed Date Salad) 18
Egg and Cucumber Salad....19
Grapefruit Salad (See Stuffed Date Salad) 18
Grape Salad (See Stuffed Date Salad)....18
Orange Salad....17
Peach Salad (See Stuffed Date Salad)....18
Potato Salad....18
Prune Salad Stuffed (See Stuffed Date Salad)....18
Raw Carrot Salad....19
Rice and Pimento Salad....19
Stuffed Date Salad....18
Sweetbread Salad....18

SALAD DRESSINGS—

Boiled Salad Dressing....20
French Dressing....20

Page

French Fruit Dressing....20
Fruit Salad Dressing (See Boiled Salad Dressing)....20
Fruit Salad Dressing, French (See French Dressing)....20
Mayonnaise Dressing....20
Roquefort Dressing....20

SAUCES AND SYRUPS—

Brown Sugar Syrup....37
Butter Sauce for Croquettes....5
Canned Mushroom Sauce....14
Chocolate Sauce for Coconut Bavarian Cream....39
Cream Sauce (See Chocolate Bread Pudding)....38
Egg Sauce for Fish....16
Fresh Mushroom Sauce....14
Hard Sauce....33
Mustard Sauce (For Greens, Eggs, Etc.)....8
Orange Hard Sauce (See Butter Frosting) 33
Spicy Vanilla Sauce....37
Watkins Homemade Maple Syrup....28
SCHOOL LUNCH BOX....44

SOUPS—

Bean Soup....4
Cream of Oyster Soup....4
Noodles for Soup....4
Vegetable Soup....4

TEMPERATURES FOR BAKING....2

VEGETABLES—

Asparagus Souffle (See Corn Souffle)....9
Asparagus Timbales (See Corn Souffle)....9
Baked Summer Squash....10
Bean Souffle (See Corn Souffle)....9
Cabbage King....10
Carrots Creamed (See Creamed Celery)....11
Cauliflower and Peas....8
Celery Souffle (See Corn Souffle)....9
Corn Souffle or Custard....9
Creamed Celery....11
Cucumbers Stuffed and Baked (See Stuffed Peppers)....8
Devilled Tomato Slices....8
Eggplant Stuffed (See Stuffed Peppers)....8
Hashed Brown Potatoes in Milk....10
Onions Creamed (See Creamed Celery)....11
Onion Souffle (See Corn Souffle)....9
Onions Stuffed (See Stuffed Peppers)....8
Parsnips Creamed (See Creamed Celery)....11
Potato Croquettes....10
Spinach Emerald (or other Greens)....11
Spinach Souffle (See Corn Souffle)....9
Spinach Timbales (See Corn Souffle)....9
Squash Custard (See Corn Custard)....9
Squash Souffle (See Corn Souffle)....9
String Beans (English Fashion)....11
Stuffed Peppers....8
Sweet Carrots....11
Tomatoes in Cream (See Devilled Tomatoes)....8
Tomatoes Stuffed (See Stuffed Peppers)....8
Watkins Baked Beans....9

WHAT SHALL WE HAVE FOR DINNER 3

That Same Difference in Quality You Have Noticed in Watkins Extracts and Spices is Packed Into Every One of These

150 DAILY USED NECESSITIES

FOOD PRODUCTS

Baking Powder
Chocolate Bar, Sweet
Coconut, Shredded
Cocoa
Extracts
Flavors
Fruit Pectin
Desserts
Red Color
Yellow Color
Spices
Mustard, Prepared
Drink Flavors
Coffee

MEDICINAL PREPARATIONS

Acotin Tablets
Adhesive Tape
Aspirin
Comp. Mustard Ointment
Corn Pads
Corn Salve
Cough Balsam
Cough Medicine
Cough Tablets, Medicated
Cr. of Camphor Liniment
Digestive Tablets
Gen-De-Can-Dra (Tonic)
Herb Tablets
Laxative Cold Tablets
Laxative Syrup
Laxative Wafers
Lax-Tone
Liniment
Little Vegetable Pills
Menthol-Camphor Oint.
Pain-Oleum
Petro-Carbo Salve
Sarsaparilla (Tonic)
Skin Ointment
Sparkling Salts
Urinary Stimulant Pills
Volatyle Salve
Worm Tablets

TOILET ARTICLES

Belle de Nuit Line
Garda Line
Mary King Line
After Shave Lotion
Body Powder
Complexion Powder
Cold Cream
Cosmetic Lotion
Deodorant Powder
Face Cream
Fragrant Pomade
Hair Dressing Liquid
Lemon Cleansing Cream
Lemon Lotion
Mouth Wash
Mimosa Perfume
Tropical Bouquet Perfume
Scalp Tonic
Shampoo Jelly
Shampoo, Cocoanut Oil
Shaving Cream
Talcum for Men
Talcum Powder
Tooth Brushes
Tooth Paste
Vanishing Cream
Wistaria Cream

SOAPS AND CLEANSERS

Toilet Soaps—
- Baby
- Crystal Rose
- Germicidal
- Green Palm

Hand Cleanser
Pine Tar
Shaving
Skin
Vegetable Oil

Soaps and Cleansers—
- Cleanser and Water Soft'r
- Shredsope
- Washing Compound
- WAT Soap Flakes

STOCK AND POULTRY PREPARATIONS

Antiseptic Healing Powder
50% Cresol Solution
Dairy Balm
Dairy Fly Spray
Dairy Fly Sprayer
Di Ro Po Tablets
Dry Insecticide
Germicidal Veterinary Salve
Liquid Hog Wormer
Louse Killer
Minerals
Nico Sulpho Roundworm Capsules
Poultry Tonic
Stock Dip
Stock Tonic
Tonaphysic

OTHER HOME AND FARM NEEDS

Chewing Gum
Fly Powder
Household Fly Sprayer
Household Fly Spray
Furniture Polish
Sewing Machine Oil
Household Disinfectant
Spot Remover
Pencils

Awarded Grand Prize

International Exposition Paris

An Official International Endorsement of the Judgment of Thirty Million Users That Watkins Quality is Supreme

Delicious Feathery Light Bakings Surely and Easily Prepared with WATKINS BAKING POWDER

Watkins Baking Powder is composed only of the very purest ingredients scientifically prepared to produce sure, satisfactory results. Your baking success is doubly guarded because of its double action. One of the ingredients springs into action just as soon as the moisture is applied and raises the dough; the other is released by the heat of the oven and keeps the dough raised. Their tiny, strong bubbles of uniform size give your baking that feathery-light fluffiness and a fine, even texture.

It contains phosphates, and beneficial phosphorus is one of the elements likely to be deficient in many batters and doughs made with white flour. It also contains calcium which is good for bone-building in growing children. For good, nourishing bakings that are delightfully palatable, be sure to use this Better Baking Powder.

PRINTED IN OUR OWN PLANT
THE WATKINS PRESS
WINONA, MINN.
U. S. A.

datacolor

WATKINS COOK BOOK

The J. R. WATKINS CO.

WINONA MINN. U. S. A.